



## Welcome to the January Club Newsletter

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### 2022 Swim England East Region Long Course Championships

Initial information regarding the 2022 Swim England East Region Long Course Championships will be released in advance of the first round of county championships to be held within the region this weekend.

The Region is keen that all athletes have the opportunity to achieve regional times in their respective county championships. Some outline details of the intended schedule will also be shared at this point, with the full and final schedule to be confirmed at a later date, following further monitoring of the current COVID-19 situation.



That said, swimmers and parents should be mindful that, in light of the pandemic, information is subject to change. Hotel and travel bookings should only be made on a fully refundable basis.

We thank members for their patience at this time, as we seek to offer the best possible racing opportunity for our athletes.

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### Swim England Good Club Governance workshops



#### Club Secretary & Membership officer workshops

This session is designed to share important information with Club Secretaries and Membership Officers on the expectations of the roles including dealing with communications, understanding the club constitution, Swim England Online Membership System (OMS) and the requirements around the different Swim England memberships.

Available dates- 6th January, 7th February, and 9th March.  
To book a place please register [HERE](#).

#### Club Welfare Officer workshops

This workshop is designed to further support experienced or new Club Welfare Officers in dealing with club issues surrounding the welfare of children in given situations. The workshop will build on knowledge already gained through attendance on both the Safeguarding and Protecting Children and Time to Listen workshops.

Available dates- 19<sup>th</sup> January, 23<sup>rd</sup> February, 24<sup>th</sup> March.  
To book a place please register [HERE](#).

#### Swim England Club Chairs Forum

The forum is designed to give a space for Club Chairs to share good practice or to use as a platform to raise a current unresolved issue and seek guidance.

Available dates- 24<sup>th</sup> January, 21<sup>st</sup> March and 23<sup>rd</sup> May.  
Anyone interested in receiving the link to the forum should register [HERE](#). All those who have attended or registered their interest previously will be sent the joining links directly.

## U16's Girls Inter Regional Water Polo Squad Report

Congratulations to the players representing the Region at the Inter Regionals in Walsall on the 3rd & 4th December. Great effort was given by all players, and a huge thank you to all coaches and team managers involved. A [full report](#) has been produced by the Head Coach, Tim Whitwham.



## Diving Competition Programme 2022



Competition dates for 2022 have been agreed and will be hosted at Southend Leisure and Tennis Centre. More details will be released during the year.

- Skills: 3<sup>rd</sup> April
- Age Groups: 23-24<sup>th</sup> April
- Club Championships: 8-9<sup>th</sup> October

All competitions are subject to Government Covid-19 restrictions in place leading up to the event.

## Water Polo Referee Training

On 5th February the region will be hosting an online Referee Club Course for 14-18 year old East Region members. Booking will open later this week on the [regional website](#). Spaces are limited to 20 per course.

10am-1pm, 14-15 year olds.  
2pm- 5pm, 16-18 year olds.



## Stronger Affiliation



For clubs renewing their Stronger Affiliation this quarter, the deadline of 15th January is fast approaching!

Failure to adhere to this deadline will result in suspension of the club, meaning no training or competing.

Please do get in touch with the region if you need any support or clarity over any part of the requirements.

## SwimMark

Has your club just completed Stronger Affiliation? If so, you have already done a third of the evidence required for SwimMark, the quality mark of high standard governance for clubs.

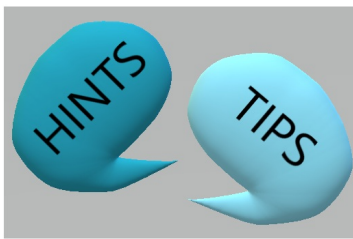
If you are interested in doing the remaining elements to upgrade your governance status, get in touch, and we will spend some time with the club online to guide you through the requirements.

Contact us at [east@swimming.org](mailto:east@swimming.org).



## Hints and Tips For Clubs This Month

- Risk Assessments- These are essential for every club to have in place for all events including training, competition, development



activities, trips, fundraising activities, and even online activity! Whilst Swim England provides templates to use, it is for the club to consider its contents, and to make sure all those it impacts are aware, including the coaching team. If ever a claim were to be made, the risk assessment would be part of the evidence required by the insurance firm to show the club considerations to mitigate risk. They need to be updated every 12 months or following an incident.

- **Data cleanse-** Now is a great time of year to have a clear out and make sure that any old data is suitably destroyed. As a rule, records that have no significant operational, informational or evidential value should be destroyed after its use. Don't forget it is preferable that no data, such as images, registers, or forms, are stored on personal devices.

## Regional Staff Contacts

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