



Welcome to the January Club Newsletter

Visit our Website



Seeking a new Regional Manager

Swim England East Region is currently seeking an ambitious and self-motivated individual to take on the role of Regional Manager to join the team on a permanent basis. The successful applicant will be responsible for leading the development and governance within the region, providing support and guidance for East Region clubs and their members. This role is key in driving and increasing the talent pool by ensuring effective, self-sustaining clubs are at the heart of the region's development.



Further information can be found here <https://careers.swimming.org/vacancies/144/regional-manager--swim-england-east-region.html>

Forthcoming Activity



Water Polo Regional Academy Training

Sunday 22nd January, Royal Hospital School, this session is for (male & female) born 2007 to 2010 inc, players born 2006 are welcome to attend this session.

Sunday 26th February, Royal Hospital School, this session is for (male & female) born 2007 to 2010 inc.

Sunday 26th March, Royal Hospital School, this session is for (male & female) born 2007 to 2010 inc.

Book a place [via our website](#).



Diving Skills Competition

25th March, Southend Leisure & Tennis Centre, for the Entry pack & Entry form can be found [via our website](#).



Artistic Swimming Competitions

Saturday 25th February

Saturday 18th March

[Further information available](#)

Club Constitution & Workshop

The region will be hosting a Constitution workshop on **Wednesday 11th January 7pm**, to help guide clubs through the process of updating of their constitution.

We would welcome club secretaries, chairs and SwimMark/Club Affiliation officers.



Please register here: <https://www.eastswimming.org/clubs/>

Club Affiliation



Do not forget the deadline for your Club Affiliation (and SwimMark) submission and approval is **January 11th**. Failure to complete this could mean suspension from Swim England.

Workshops Available

WORKSHOPS

Team Manager Module 1 Workshops

9th January, 16th February, 16th March, 11th April, 18th May, 22nd June

Team Manager Module 2 Workshops

17th January and March/April tbc

To book Team Manager workshops, [visit our website](#).

Time to Listen

13th April & 9th November - visit [our website](#) to book

Time to Listen workshops are available for club Welfare Officers and covers what to do if an incident arises, and what the role of the Welfare Officer entails. Click [HERE](#) to book.

Dive Depths

Following a review by Swim England and in light of a number of 'near misses' which involved swimmers diving into shallow water, the new guidance states the minimum depth for dive entries should be 1.35m.

With specific reference to swimming, this is in line with FINA Regulations.

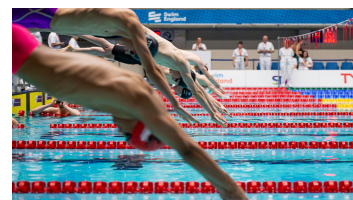
Having consulted with members, Leadership Groups and Sports Operations Committee, Swim England has agreed with insurers that swimming clubs will have a period of transition to meet the new requirements – **providing a full risk assessment has been carried out and put in place.**

This means that from 1 September 2023, all Swim England affiliated clubs will be required to ensure that all dive entries are into at least 1.35m of water.

It is also a requirement from 1 January to 31 August 2023 that:

- No dives will be permitted from poolside into water which has a depth of less than 1 metre.
- If the water is between 1 metre and 1.2 metres, a poolside dive will be permitted providing it is not from 0.4 metres above the surface.
- Dives into depths between 1.2 metres and 1.35 metres are allowed from the poolside or a starting block, as long it is not more than 0.75 metres above the water.

You should also ensure that only those swimmers who have reached the competency of the **Swim England Preliminary Competitive Start Award** are permitted to dive in to water.



Regional Staff Contacts

TBA - East Region Manager
east@swimming.org

Jo Stalley - East Region Operations Officer
jo.stalley@swimming.org

Emma Winter - Regional Administrator
emma.winter@swimming.org

Swim England East Region | SportPark, Pavilion 3, 3 Oakwood Drive, Loughborough University,
LE11 3QF United Kingdom

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