

13 Horsemarket
Darlington
Co. Durham
DL1 5PW

30th March 2020

Dear Club Chairs,

I hope that you are all managing to keep safe and well during these challenging times.

During these unprecedented circumstances, I appreciate that your priority is to look after yourselves, your families, neighbours and communities where it is safe and possible to do so.

Nevertheless, I wanted to reach out to all our aquatics clubs to say that you are not alone and that the Swim England North East Region are working to help support clubs to ensure that the clubs and members are ready and able to commence their aquatic disciplines when pools open again.

This is potentially an opportunity to take a breather, take stock of your club's situation to ensure that you are in as best position as you can when you get back together and commence your activities. With all pools closed and events either cancelled or postponed, training for competitions is not currently a priority but keeping active clearly has huge benefits to ensure health and fitness remains a priority.

The Swim England North East Region, together with the Swim England National Teams, are working hard to provide opportunities for our clubs and members. These include:

- General guidance and support for aquatics during the coronavirus outbreak including regularly updated FAQs which can be accessed at [Swim England News](#).
- Looking to deliver workforce development and training where it's still possible to do so in an online format.
- Resources to help maintain an athlete's fitness and support them in other areas such as nutrition, psychology, physiology and lifestyle. These are available to access via [Swim England YouTube](#)
- Off the Blocks, a resources designed to provide information and support to swimming teachers and coaches – [Off The Blocks](#)

To ensure that these times are used effectively your club may also choose to review its standards of governance, sustainability and effectiveness. Using the [Swim Mark Resources](#) will help you do this. As a club this also is perhaps a time to consider positioning your club to ensure that you are able to meet the standards of [Stronger Affiliation](#) by the time your club will need to affiliate to Swim England for 2021.

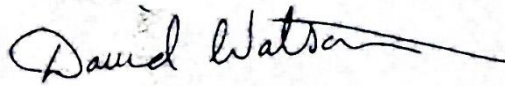
Most importantly, from a North East Region point of view, we want to ensure that we are looking to provide support where you most need them. With this in mind, we ask that you email us at swimnortheast@swimming.org indicating the areas of support and assistance that your club requires to get through these times.

Please note that although the North East Region office is currently **closed**, our region's staff are continuing to try and support the needs of our members. They can be contacted as follows:

Linda Tjaguns: linda.tjaguns@swimming.org 07444 751398
Sara Small: sarah.small@swimnortheast.org 07949 251524
David Parry: david.parry@swimming.org 07949 251482

In the meantime, please keep engaged with the aquatic community and keep an eye on our [website](#) and social media pages @asanortheast. Please note that we have a new Facebook page.

Best wishes and stay safe.

A handwritten signature in black ink that reads "David Watson". The signature is fluid and cursive, with a long horizontal stroke extending from the end of the name.

David Watson
Chair, Swim England North East Region