

CPD / Workshop opportunities for Clubs

Following discussions with clubs, we have pulled together a list of the online training seminars, workshops and e-learning that are available at present to help keep club personnel motivated and engaged. This list is not exhaustive and will be updated on a regular basis;

Coaches

Swim England

England Talent YouTube Channel

The Swim England Talent Team are offering a suite of online YouTube videos for club members and workforce to watch and stay engaged with the sport. The videos are applicable to all disciplines. Topics include:

- Strength and conditioning exercises
- Sports Psychology support
- Discipline specific workouts
- Plyometric workout exercises
- Mental wellness awareness
- Nutrition to maintain and many more...

Link to the Swim England YouTube channel:

https://www.youtube.com/channel/UCbdK9FG_t6ENQRhds_NNtXQ

Institute of Swimming Coach Education

E-learning coach education courses are being developed and made available for candidates. Check the [Institute of Swimming](#) website for the latest information.

UK Coaching

Curious Coaches' Club

The Curious Coaches' Club meet online every Monday afternoon 2 - 3pm, all the details in the link: <https://www.ukcoaching.org/courses/workshops/curious-coaches-club-open-webinar>

Themes that will be covered include:

- **27 April:** Looking After Yourself & Your Participants
- **4 May:** Sports Psychology
- **11 May:** Skill Acquisition
- **18 May:** Reflective Practice

E-Learning Courses:

UK Coaching offer a variety of e-learning opportunities as follows:

- Coaching People with a visual impairment
- Keeping deaf and disabled children safe in sport
- How to coach: Plan, Do, Review
- Inspiring positive behaviour in sport
- Mental health awareness for sport and physical activity

Details of these can be found here: <https://www.ukcoaching.org/courses>

Teachers

Swim England

Roadshows

Aimed at swim schools, learn to swim teachers and operators offering a variety of online workshops, webinars and weekly coffee chats, such as:

- An introduction to mental health for swimming teachers
- An introduction to lesson management
- An introduction to improving strokes
- An introduction to special educational needs and disabilities
- Maximising your social media platforms and many more...

More details can be found here: <https://www.swimming.org/swimengland/swim-school-roadshows/>

Learn to Swim Expected Standard Videos

These are now available free of charge by emailing Swim England Learn to Swim team at learntoswim@swimming.org.

Institute of Swimming

E-learning CPD's

Offering a wide range of CPDs and [online learning](#) to help you develop your knowledge and skills. All the CPDs ensure you maintain the highest standards as your career progresses, the wide ranging variety can be found at the following link with topics such as:

- Introduction to teaching frontcrawl / backstroke / breaststroke / butterfly
- Visually impaired friendly swimming
- Adult swimming
- Deaf friendly swimming and many more...

More information on this can be found here: <https://www.swimming.org/ios/continual-professional-development/>.

Club Workforce

Sport England Club Matters

Club Matters offers a variety of online modules for the club workforce to take part in and learn more about. Topics that are being covered include:

- VAT and sports clubs
- Effective facilities management
- Developing a marketing strategy
- Good governance
- Simpler finance
- Organisation structures
- Evaluating marketing options
- Budgeting
- Managing capital projects
- Get your cash flowing
- Budgeting; get on track, stay on track

More information can be found here: <https://www.sportenglandclubmatters.com/club-matter-modules/>

Team Manager 1 course

A free online course has been created for Swim England members keen to volunteer as a team manager for their aquatic club. The Team Manager 1 Course is aimed at those who are starting out on their volunteering journey and focuses on single day competitions or camps where there is no overnight stay.

It covers all aquatic disciplines and will be delivered via a two-hour webinar hosted on Zoom. Participants will be guided through the course content, be able to ask questions and get involved with the group text discussions. More information can be found here: <https://www.swimming.org/swimengland/team-managers-free-course/>

To register your interest for any additional courses to be run in the future please email swimnortheast@swimming.org.

Sport Structures

Sport Structures have produced a useful podcast on the funding opportunities available both for clubs and their coaches. This is available at: <https://youtu.be/ow7gZJ8bdeE>.

Safeguarding and Welfare

Swim England have now launched their own Safeguarding CPD. This CPD will be delivered online as a webinar at a cost of £25 per person. A webinar is an interactive online seminar that is led by the tutor and allows participants in different locations to be guided through the course content, hear the presenter, ask questions and be involved in group text discussions. All these webinars are hosted on Zoom. Swim England have created a guide to Zoom webinars to help you prepare which can be found here: [Guide to Zoom Webinars](#).

Who is the course designed for?

Anyone working with young or vulnerable people both in a swimming teaching and coaching environment. Completing this course will support club SwimMark submissions and is an integral part of Swim England's Stronger Affiliation process.

https://swimenglandqualifications.com/new-safeguarding-cpd-offers-help-advice-support/?fbclid=IwAR1byxCe2npQ0PK29OIbmmXxIALp1UY09WNDH5smmONqu65OWCwG_rGi2WA

Funding Support

The Swim England North East Region will support affiliated clubs who train their workforce in Swim England Safeguarding training courses during the period from now until the end of July 2020.

Clubs can claim back the cost of this workshop (£25 per candidate) by submitting an invoice from the club to swimnortheast@swimming.org for the relevant amount together with evidence of the candidate bookings. This workshop is currently available to be delivered online as a webinar through the Institute of Swimming. Details of courses, including how to book are available here: [IoS Safeguarding Courses](#). Please note, clubs will not be able to claim for Safeguarding courses delivered by other providers such as UK Coaching.

CPSU Webinar for welfare officers

CPSU's latest webinar is designed as an extra resource to help club welfare officers fulfil their safeguarding responsibilities. Hosted by Jude Toasland, CPSU Senior Consultant, it touches on what is included in a Time to Listen club welfare officer course, and runs through some of clubs frequently asked questions. Jude also provides details of changes to legislation from 2018 to 2020, and gives details on where to find additional resources and information to help you in your role. More information on this can be found here: <https://thecpsu.org.uk/resource-library/webinars/additional-resources-for-club-welfare-officers/>.

MIND Mental Health Awareness Training for Sport and Physical Activity

The four modules - developed in partnership with [1st4sport](#) and [UK Coaching](#), and funded by [Sport England](#) and the National Lottery - will increase your knowledge and understanding of mental health, providing you with the practical skills and strategies to be able to:

- Build people's resilience, self-esteem and confidence
- Adapt your sessions to make them more inclusive
- Enable and support mental health recovery, and
- Tackle stigma and discrimination.

More information on this can be found here: <https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/elearning-mental-health-awareness-for-sport-and-physical-activity/?ctaId=/about-us/our-policy-work/sport-physical-activity-and-mental-health/slices/mhaspa-training/>.

Sporting Minds UK

Sporting Minds offers one to one support system is specifically designed for sport career mental health issues, and any mental health issues that young sports people involved in representative sport are experiencing. For young sports people who meet our eligibility criteria, we'll arrange a free and confidential telephone, FaceTime or in person chat and take it from there. This will be via their partner BUPA.

<https://www.sportingmindsuk.org/sportingmindsuk-support/>

Officials

Judge 1 Online Theory

You can complete the online learning now, and will be given 6 months to complete the practical element of the qualification once the competition programme relaunches later in the year. More information can be found here: <https://www.swimming.org/ios/course-information/swimming-technical-officials-judge-1-theory/>.

Contemporary Issues

This online module is aimed at technical officials from across swimming, water polo, synchronised swimming, diving and open water who would like to become a British Swimming licensed official, or who would like to renew their license. More information can be found here: <https://www.swimming.org/ios/e-learning/>.

A Beginners Guide to refereeing swimming

This online course incorporates varying activities and checks on learning, which enables you to recognise and identify the duties of a referee at a swimming meet with regard to:

- The role of the referee
- The role of the referee with specific reference to Health and Safety
- Producing the race result (Manual and AOE).

More information can be found here: <https://www.swimming.org/ios/course-information/beginners-guide-refereeing-swimming/>.

Water Polo – Table Officials Course

Online: Being developed

Water Polo Referee Course

Online: Being developed

Other training sources

Local Active Partnership teams may have training available for club workforce and / or coaches, please find links to their websites below:

Active Humber activehumber.co.uk
County Durham Sport countydurhamsport.com
Northumberland Sport northumberlandsport.co.uk
North Yorkshire Sport northyorkshiresport.co.uk
Tees Valley Sport teesvalleysport.co.uk
Tyne and Wear Sport tynewearsport.org
Yorkshire Sport Foundation yorkshiresport.org