

Berkshire & South Bucks County ASA Meeting – April 2016

Regional Talent Camps 2016

The dates for the 11 and 12 years talent camps will be 3rd/ 4th September and 17th/ 18th September 2016. Selections will be made from rankings between January 2016 – the start of the Regional Championships.

Swim 21

The following BSB clubs achieve swim 21 Essential Accreditation at the March National swim 21 panel following submission of their Annual Health Check; Amersham SC, Electric Eels of Windsor SC

The following clubs are due to submit on Friday 19th May in preparation for the June Regional & National Panel meetings; Chesham SC, Chalfont Otters SC and Bracknell & Wokingham SC.

June 2016 Coaches workshops

Saturday 11th June, Strood Sports Centre, Kent

Greg Buck, Head Coach, City of Milton Keynes SC / Josh Williamson, Guildford City SC

- *Practical implications of planning and set construction*
- *Backstroke technique development*
- *Backstroke starts*

Sunday 12th June, Queen Anne's School, Caversham

Greg Buck, Head Coach, City of Milton Keynes SC / Josh Williamson, Guildford City SC

- *Practical implications of planning and set construction*
- *Backstroke technique development*
- *Backstroke starts*

Saturday 25th June, Stoke Mandeville Stadium, Aylesbury

Lindsay Dunn, England Programmes Officer

- *Race planning and analysis*
- *Using test sets to monitor improvement*
- *Butterfly stroke development*

Sunday 26th June, Churchers College, Petersfield

Lindsay Dunn, England Programmes Officer

- *Race planning and analysis*
- *Using test sets to monitor improvement*
- *Butterfly stroke development*
-

£10 for Swim 21 accredited clubs/ £20 for non-Swim 21 accredited clubs; Further information and booking forms are available on the SER website.

Team Manager Courses

Provisional Dates;

TM1 – Wednesday 4th May 2016 – 6.30pm – 9.30pm Windsor Leisure Centre

TM 2 – Tuesday 14th June 2016 – 6.30pm – 9.30pm Windsor Leisure Centre

Just confirming room bookings with the leisure centre.

Young Volunteers

The 2015/2016 programme finished March 2016, 8 Young People from BSB completed the full programme. Well done. The young people were from Chalfont Otters SC. Young people from Amersham SC and Albatross Diving club are currently participating in a diving specific young volunteer programme.

The programme will start again in September 2016, in addition to further opportunities for those young people who have completed the programme.

The provisional date for the development day for young people to be held in BSB is 15th October at Chalfont Leisure Centre.

Team Manager Forum 2016 – 24th September 2016

The SER annual team manager forum will take place on Saturday 24th September, 11am-4pm, Holiday Inn Guildford. Bookings will be taken nearer to the time, for any specific workshop requests for the day please get in touch with Kristie Jarrett, Regional Club Development Officer, kristie.jarrett@freedom-leisure.co.uk



BERKSHIRE AND SOUTH BUCKINGHAMSHIRE
AMATEUR SWIMMING ASSOCIATION

Performance Swimming Events Committee

Contact: Stuart Fillingham
Email: championships@bsbasa.org
Telephone: +44 7525 731208

Annual Report of the Performance Swimming Events Committee:

Please find, set out below, the 2016 Annual Report of the Berkshire and South Buckinghamshire ASA Performance Swimming Events Committee.

For the 2015/6 swimming season, the Committee has constituted the following members: Stuart Fillingham, Rob Moore; Gary Shields; Sue Green; Jonathan Mills; and Helen Whittle. The Committee Meetings have also been attended by John Rowley in an ex-officio capacity. All members and attendees have made an active and important contribution to the smooth running of the Committee and the events that have been organised. As Performance Swimming Events Manager, I would like to take this opportunity to thank the members of the Committee for their ongoing support and dedication to the County.

The following four sections of this report respectively cover the key areas of responsibility of the Committee:

Development Meet:

The Committee organised and ran the fourth County Development Meet on the 11th October 2015. This was again perceived to be a successful competition, aimed and provided for those swimmers who did not have on entry a County Championships qualification time, in the strokes in which they were competing. The Committee re-emphasize that this meet is not a feeder meet for the County Championships and is aimed at those swimmers that do not regularly achieve County Championship consideration times.

A total of 1,158 swims were entered into the competition, an increase on the 1,039 entered in 2014 and the 950 entered in 2013. Only Amersham S.C., Wycombe & District S.C. and Slough & Eton Dolphins S.C. of the County's performance swimming clubs did not enter.

The meet ran well on the day at approximately 90-95% capacity. Session 1 ran to time and session 2 was slightly quicker due to a larger number of withdrawals from this session, finishing ahead of the scheduled time. The Committee received no complaints in connection with this meet and only one matter was raised before the day, being the age old question of swimmers who change age groups between the Development Meet and the County Championships. This query has been raised a number of times and on each occasion a standard response has been provided explaining that this is a condition of the meet. The situation will however change for the 2016 Meet following to the introduction of the new ASA competition pathway.

From a financial perspective, the meet total income of £6,781 showed a small reduction over the previous year (2014: £7,423; 2013: £7,248) as a consequence of a greater number of entrants offset by lower programme sales. Expenditure declined a little to £1,792 from £1,817 in 2014 and £1,785 in 2013; there being only limited year on year variables. Consequently, although it is never the intention for this meet to be profitable, a surplus of £4,989 was earned (2014: £5,606; 2013: £5,463) which has been remitted back to the County for investment as the Management Board consider appropriate.

The Committee has agreed that since the meet was well supported, was not massively oversubscribed and continues to appear to fulfil a need within the County that it should continue in its current form. Accordingly, the meet will run in 2016 (and has been scheduled for 9th October 2016). It is also understood that Wycombe and District S.C. will enter in 2016.

County Championships:

The Committee organised and ran the annual County Championships, to the new timetable prescribed in the recently introduced ASA competition Pathway, on the weekends of January 15/16, January 22nd and February 6th 2016.

The new ASA competition Pathway also enforced a few other changes to the championships in the current year. The most significant of these being as follows:

- Change of age groups to: 10/11, 12, 13, 14, 15, 16+
- Change of Relay Age groups to : 10/11, 12/13, 16 & under, open
- Age on day: 31-Dec-2016
- Para-Swimming multi-classification competition now included
- 10/11 may not enter 800m, 1500m or 400m IM
- 100IM is now a championship event, with finals
- BAGCAT awards have been discontinued
- Finalists (including reserve finalists) must withdraw if not swimming, or will be fined.
- There was a revision of qualifying times.
- The Junior Championship is now for 14 and under
- The Senior Championship is now for 15 and over
- There are a number of changes to how awards are calculated

Ahead of the Championships, and for the third year in succession, a review of the entry times had been completed with the aim of reducing the number of swimmers eligible to compete in the Championships. Whilst this did not result in a significant reset of consideration times, a number of events were tightened with the aim, at the request of the County Coaches, to reduce the volume of entries by circa 10% (having failed to achieve this in the prior year despite the tightening of times). Accordingly, in 2016 it again became more difficult to achieve a county consideration time.

For the 2015 Championships, [x] swims were entered into the Championships, compared to 2,987 swims in the preceding year thereby continuing to achieve the reduction in entrants that the County has been looking for. This made the Championships more manageable in terms of swimmers and available water time. All of the County's performance swimming clubs was represented, albeit that Slough & Eton Dolphins S.C. only had one entered swim.

The Coaches in the County, reporting at the annual feedback meeting subsequent to the Championships, expressed their gratitude to the Committee and declared that it had again been a successful and well run Championship. Whilst there were some inevitable problems in running a championship of this size, it did in general run very smoothly across the four days of competition. As in 2015, the Championships were in the main held at the Magnet Leisure Centre in Maidenhead. The long course session was this year run at the Aldershot Garrison Leisure Centre as the (new) Wycombe Leisure Centre refused to take our booking.

The Performance Swimming Events Committee would like to extend a formal thanks to all of the volunteers and officials who gave up their time to make this (and the Development Meet) possible. Worthy of particular mention are Herman Bleekendaal, who admirably supported the committee in his position as Trophy officer, and John Rowley, in his role as county PR Officer.

Some of the matters covered in the post Championships review meeting were areas such as:

- Relay session
- Relay teams
- Magnet facilities
- Scoreboard

To date, the Committee has received three formal complaints in connection with Championships. Two concerned the Boys 50 metre Backstroke event and both emanate from Tilehurst S.C. One concerned the stewarding of competitors and the other related to the re-arranged final of the event. The Committee has responded to these complainants and continues to express its regret for any inconvenience caused. The third complaint came from Bracknell & Wokingham S.C. and concerned the final session; which the complainant perceived to be too long and over-crowded. The Committee will consider this matter further when planning for the 2017 Championships.

However, from a swimming perspective, the Championships delivered five new County Records and given the change to the entry ages, new Meet Best times in every event!

Following the meet, the Committee also launched a new web site; separate to that of the County, which includes results and pictures from the Championships. This is available at the following web address:
www.bsbaswimming.com

From a financial perspective, the meet accounts have yet to be finalised, the meet only concluding a few weeks ago. However, draft accounts indicate that total income of £22,961 showed an improvement compared to the previous year (2015: £21,252; 2014: £24,436) mainly as a consequence of better entry fees and door monies despite the planned, lower number of swimmers.

Expenditure is currently estimated slightly lower than the prior year at £8,973 (2015: £9,490; 2014 £7,316); mainly as a consequence of pool hire refunds due to the problems experienced at Magnet Leisure Centre.

Consequently, a draft surplus of £13,485 is estimated (2015: £12,060; 2014: £16,871) though this is obviously subject to change. This meet is designed to be profitable, as it represents the main source of income to the County for the funding of its wider activities. Accordingly, the surplus has also been remitted back to the County for investment as the Management Board consider appropriate.

The Committee has made no applications for capital expenditure in the current season. It is however envisaged that applications will be submitted in the coming period for printing facilities and other related IT equipment.

The Committee has agreed that since the meet was well supported and continues to fulfil a need within the County that it should continue and accordingly, the meet will run in 2017. However, given the recent opening of the new pool in Wycombe (see below) the Committee will consider both the location of the meet and potential changes to the format of the Championships over the coming months. The meet has though tentatively been scheduled for 21/22 January 2017 and 4/5 February 2017.

Other envisaged changes will include

- Relays – Given this was the area of greatest feedback from the coaches, changes will be made to improve this area.
- Separate finals sessions
- Holding the meet over four days instead of the current three and a half days

Performance Swimming Records:

The Performance Swimming Events Committee continues to take responsibility for the administration of Performance Swimming County Records. The Committee also retained responsibility for administering County Championship Meet Best Times.

The administration system written a few years ago along with a database and reporting mechanism has been maintained throughout the year. This aligns the meet best times and the records into a single database. The system continues to generate a certificate of achievement for records that is presented to the new record holder. The up-to-date records list is now also re-published on the website each time after a new record has been set.

An appendix to this paper sets out all of the new County records ratified since the last annual report of the Performance Swimming Events Committee. A listing of new County Championship meet best times is also available on request and is available on the website.

Performance swimming facilities within the County:

The Performance Swimming Events Committee also takes a keen interest in the facilities available in the county which are suitable for the organisation of galas and competitions. To this end, the Committee notes that building work has now been completed on the new long course pool in Wycombe. Completion of the pool was on track and opened on 1 January 2016.

The Committee note that a significant factor in the use of the Wycombe pool is the expensive cost of the pool and there will be a need to determine whether or not these costs represent good value for money.

Stuart Fillingham
BSB ASA Performance Swimming Events Manager

11 March 2016

Appendix – **New County records since the last annual report**

Sex	SC / I	Distanc	Stro	Age	Swimmer	Club	Meet	Venue	Date	
Boys	LC	50	Back	County Junior Record	James McFadzen	Newbury SC	Rushmoor Royals Open Mee	Aldershot	11.04.15	00:27.99
Boys	LC	200	IM	County Junior Record	James McFadzen	Newbury	British Championships	London Aquatic C	16.4.15	02:10.43
Boys	LC	50	Back	County Junior Record	James McFadzen	Wycombe District	ASA SER Championships	Crawley	31.05.15	00:27.93
Girls	LC	100	Free	County Junior Record	Rachel Cox	Wycombe	ASA SER Championships	Crawley	31.05.15	00:59.94
Boys	LC	100	Back	County Junior Record	James Eddy	Wycombe District	ASA British Championships	London Aquatic C	11.04.15	00:59.60
Girls	LC	4x100	Free	County Junior Record		Wycombe District	ASA SER Championships	Crawley	24.05.15	04:03.61
Girls	LC	4x100	Medley	County Junior Record		Wycombe District	ASA SER Championships	Crawley	23.05.15	04:35.11
Boys	LC	4x100	Free	County Junior Record		Wycombe District	ASA SER Championships	Crawley	23.05.15	03:47.21
Boys	LC	4x100	Medley	County Junior Record		Wycombe District	ASA SER Championships	Crawley	24.05.15	04:06.91
Mens	LC	4x100	Medley	County Record		Wycombe District	ASA SER Championships	Crawley	24.05.15	04:00.68
Boys	LC	50	Back	County Junior Record	James McFadzen	Wycombe District	British Swimming Summer C	Sheffield	31.07.15	00:27.24
Boys	LC	200	IM	County Junior Record	James McFadzen	Wycombe District	British Swimming Summer C	Sheffield	30.07.15	02:07.68
Boys	LC	200	Back	County Junior Record	James McFadzen	Wycombe District	British Swimming Summer C	Sheffield	29.07.15	02:05.19
Boys	LC	100	Back	County Junior Record	James McFadzen	Newbury SC	ASA British Championships	London Aquatic C	11.04.15	00:59.07
Mens	LC	200	Back	County Record	James McFadzen	Wycombe District	British Swimming Summer C	Sheffield	29.07.15	02:05.19
Boys	LC	100	Back	County Junior Record	James McFadzen	Wycombe District	British Swimming Summer C	Sheffield	01.08.15	00:58.06
Girls	LC	4x50	Free	County Junior Record		Wycombe District	ESSA National Relay Finals	London Aquatic C	20.06.15	01:54.72
Girls	LC	4x50	Medley	County Junior Record		Wycombe District	ESSA National Relay Finals	London Aquatic C	20.06.15	02:09.99
Boys	SC	100	Back	County Junior Record	James McFadzen	Wycombe District	ESSA Interdivisional Champi	Leeds	04.10.15	00:56.97
Boys	SC	200	Back	County Junior Record	James McFadzen	Wycombe District	ESSA Interdivisional Champi	Leeds	04.10.15	02:01.72
Mens	SC	200	Back	County Record	James McFadzen	Wycombe District	ESSA Interdivisional Champi	Leeds	04.10.15	02:01.72
Boys	SC	50	Back	County Junior Record	James Eddy	Wycombe District	Maxwell Level 2 open Meet	Maxwell	03.10.15	00:27.61
Boys	SC	50	Back	County Junior Record	James McFadzen	Wycombe District	ASA Intercounties	Sheffield	18.10.15	00:26.71
Girls	SC	100	Breast	County Junior Record	Eleanor Cowan	Wycombe District	ASA Intercounties	Sheffield	18.10.15	01:13.48
Boys	SC	200	Back	County Junior Record	James McFadzen	Wycombe District	ASA SER Winter Champions	Portsmouth Mour	07.11.15	02:00.48
Mens	SC	200	Back	County Record	James McFadzen	Wycombe District	ASA SER Winter Champions	Portsmouth Mour	07.11.15	02:00.48
Boys	SC	100	Back	County Junior Record	James McFadzen	Wycombe District	ASA SER Winter Champions	Portsmouth Mour	07.11.15	00:56.36
Boys	SC	100	IM	County Junior Record	James McFadzen	Wycombe District	ASA SER Winter Champions	Portsmouth Mour	07.11.15	00:58.25
Mens	SC	100	IM	County Record	James McFadzen	Wycombe District	ASA SER Winter Champions	Portsmouth Mour	07.11.15	00:58.25
Boys	SC	200	IM	County Junior Record	James McFadzen	Wycombe District	ASA SER Winter Champions	Portsmouth Mour	07.11.15	02:05.61
Girls	SC	50	Breast	County Junior Record	Eleanor Cowan	Wycombe District	Guildford City SC L2 Open M	Guildford	21.11.15	00:33.82
Girls	SC	50	Free	County Junior Record	Millicent Routledge	Bracknell & Wokingham	Aquae Sulis Grand Prix	Bristol	21.11.15	00:26.23
Girls	SC	100	Free	County Junior Record	Millicent Routledge	Bracknell & Wokingham	ASA Winter Meet	Sheffield	17.12.15	00:56.37
Girls	SC	50	Back	County Junior Record	Emilia Sansome	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	00:29.75
Boys	SC	50	Back	County Junior Record	James Eddy	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	00:26.49
Boys	SC	200	IM	County Junior Record	James McFadzen	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	02:03.47
Boys	SC	200	Breast	County Junior Record	James McFadzen	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	02:19.41
Boys	SC	100	IM	County Junior Record	James McFadzen	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	00:58.14
mens	SC	100	IM	County Record	James McFadzen	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	00:58.14
Womens	SC	50	Back	County Record	Emilia Sansome	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	00:29.75
Womens	SC	50	Breast	County Record	Lily Seaward	Wycombe District	ASA Winter Meet	Sheffield	17.12.15	00:32.73
Womens	SC	50	Free	County Record	Millicent Routledge	Bracknell & Wokingham	Aquae Sulis Grand Prix	Bristol	21.11.15	00:26.23
Womens	SC	100	Free	County Record	Millicent Routledge	Bracknell & Wokingham	ASA Winter Meet	Sheffield	17.12.15	00:56.37
Girls	SC	50	Back	County Junior Record	Millie Sansome	Wycombe Dist	County Championships 2016	Maidenhead	06.02.16	00:29.67
Boys	SC	400	IM	County Junior Record	Tom Dean	Maidenhead	County Championships 2016	Maidenhead	17.01.16	04:28.42
Womens	SC	50	Back	County Record	Millie Sansome	Wycombe Dist	County Championships 2016	Maidenhead	06.02.16	00:29.67
Womens	SC	100	Breast	County Record	Connie Dean	Maidenhead	County Championships 2016	Maidenhead	16.01.16	01:10.17
Womens	SC	100	IM	County Record	Connie Dean	Maidenhead	County Championships 2016	Maidenhead	16.01.16	01:03.59

Report of the Divisional Team's Activities for South East Regional Board

To update South East Regional Board on the work being carried out in the South East as part of ASA South division

Divisional Business Manager Update

Role of the DBM

Oversee the implementation of the ASA strategy in the division

- To increase participation in swimming, working with all providers to ensure plans are in place to improve aquatics and sustainability
- To manage the Divisional Team of aquatic officers, and office staff
- To plan across the division, priorities for development and focus areas for ASA Staff
- To work with the Region to support the growth of swimming

It has been an extremely busy period since my last update with the launch of the ASA Participation Strategy to stakeholders across the region, the ongoing delivery and support of the Behaviour Change Research which includes the Inclusive Behaviour Change Research and latterly the review of the delivery team structure to ensure the strategy can be delivered effectively nationally.

Mark Burgess, formerly Divisional Business Manager for London and the East Region, has been promoted to the new Head of Delivery as per the new Organisation Chart with the remit of leading the Delivery team to deliver the ASA's participation strategy both within the regions and with national operators, getting more people swimming, more often.

Lesley Hill, formerly the Divisional Business Manager for the Central Division has been announced as the new National Partnerships Lead to work with our ever increasing National Operators to ensure we have as greater influence and impact with them as possible to deliver the new Participation Strategy effectively.

The Participation Strategy has been widely well received within the region following launch events which took place in Surrey, Kent, Oxfordshire and Hampshire and was attended by multiple stakeholders from across the region which included Local Authority Leisure Leads / Heads of Leisure, National Operator representation and representation from smaller Local Authority / Trust run facilities. Work is now ongoing to ensure the strategy has as much impact across the region to ensure it has the desired effect of increasing the number of people swimming more often, establishing appropriate and effective Learn to Swim and Talent pathways and that we have state of the art accessible facilities across the South East Region.

Organisational Chart

As mentioned in the recent edition of the Senior Leadership Communique, and referenced above, the restructuring of the delivery team is well underway.

The organisational chart is attached for reference but I just wanted to highlight one of the areas that will add value to the region as a result of the restructure. As you will see each Area Swim Manager, formally known as Aquatic Officers, has a specialism attached to their role. This simply means each Area Swim Manager will have a specific area of the business associated with their "generalist" role where they will be given additional training, support and associated skills to be a specialist in that area, for example Health. This Area Swim Manager can then be called upon to lend support (which could be attendance at a meeting or simply providing information) to the Area Swim Manager and / or operator that requires it.



The second noticeable addition is that of the Learn to Swim Manager for the Division. This role is in addition to the work all Area Swim Managers will be doing on a day to day basis with operators around Learn to Swim in their Counties and also in addition to the support the Learn to Swim specialist will be able to provide when and where required.

The role of the Learn to Swim Manager will be to undertake the larger pieces of work around Learn to Swim that often take an enormous amount of time and resource from the Area Swim Manager, so in effect will be managing projects across the division that are beyond the remit of the Area Swim Manager and the Area Swim Manager with the Learn to Swim specialism.

Aquatic Officer Work Areas

The main focus for the Aquatic Officers has been to support the Strategy launch events and follow up on the Behaviour Change Research presentations that have been delivered across the Region and embed the Frontier Checklist into as many facilities as possible.

The frontier checklist is part of the Behaviour Change Research and is designed to help operators look at 3 key areas of their aquatic business, which are;

- Frontier 1 – The visibility and relevance of swimming
- Frontier 2 – Improve the overall swimming environment
- Frontier 3 – Tailoring the swimming offer to the individual consumer

It is critical to address all 3 frontiers to bring in new audiences and retain existing ones. This checklist aims to help understand which elements of the frontier model are being delivered successfully by a site, and where there may be room for improvement and additional support / resources.

The ASA Partnership programme is still being reviewed, there are currently stakeholder meetings taking place to determine what the offer should be from the ASA and how the operator should engage with the offer. We hope to launch this later this year.

The Swimfit programme is also still being reviewed but support for facilities that have invested in Swimfit will be ongoing as before with resources being made available where appropriate / required.

The Adult Learn to Swim Framework review is nearing completion and is looking to be launched around Easter time. More details and launch timeframes will be confirmed ASAP.

The Foundation Framework for babies, toddlers and pre-schoolers has been launched, young learners can now receive four new Discovery Duckling Awards and nine separate "I Can" Awards which will motivate and reward the achievements of the important first steps in gaining confidence in the water. The awards are accompanied by a new set of supporting resources for swimming teachers and lesson providers. These include a specialised Games Pack which uses popular nursery rhymes and songs to help teachers deliver fun lessons. The newly available Foundation Framework Starter Pack provides a package of the key resources. Parents are also supported with brand new resources including a Parent's Guide and two colorful story books. These give children an introduction to swimming lessons and how to learn the basic swimming skills

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First and foremost I would like to welcome back into the team Beth Morse who returns from maternity leave to cover Sussex and surrounding areas.

Katie Towner also leaves the South Division and her role of Aquatic Officer in Kent to join the National Learn to Swim Team as a Programme Manager, currently working on the revision of the Adult Learn to Swim Framework.

This leaves an obvious gap in the geography of the Aquatic Officers which has been covered by Tim Hutton and Julie Bunn increasing the areas they currently cover to fill the void left by Katie's departure.

It continues to be an extremely busy time for the delivery team across the region, the ongoing delivery and support of the Behaviour Change Research, Participation Strategy and latterly the review of the delivery team structure, which has now been concluded, has kept the team busy.

The Participation Strategy has been widely well received within the region. Work is continuing to ensure the strategy has maximum impact across the region to ensure it has the desired effect of increasing the number of people swimming more often, establishing appropriate and effective Learn to Swim and Talent pathways and that we have state of the art accessible facilities across the South East Region.

We are already seeing evidence that operators are engaging with Behaviour Change and starting to address small areas that can make a huge impact across all 3 behaviour frontiers.

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