**Heath Town Swimming Club**

**February 2022 Newsletter**

*It was great to see so many of our swimmers taking part in the recent Time Trials and we had numerous personal bests recorded, demonstrating progress. However, it was noted at the time that many of our swimmers are still not swimming the individual strokes correctly and this would mean that had they been in a proper race, they would have been disqualified. Coaches will be working on programmes to target technique to ensure swimmers are following the rules of swimming. We intend to run some more time trials in late April so that we can take note of each individual swimmer’s technique and then concentrate on what we need to do to correct any of their faults.*

*It has been noted recently that many of our swimmers are not wearing swim hats. If any of you have ever been swimming and had someone else’s hair in your mouth you will understand that not only, do you swim better with a swim hat on, it is better for everyone around you. Therefore, it has been decided that in line with other swimming clubs, as from Monday, 4th April, all swimmers, girls and boys, will have to wear a swim hat prior to going into the water. Although we do have our own hats for sale, you are free to wear any hat of your choice.*

*Having suspended our Club Championships over the last 2 years because of Covid, we intend bringing this gala back, probably in early July, so that all our swimmers will have an opportunity of competitive swimming. For those who have not experienced this type of gala before, each club train member (cat1) of the club will be able to take part in 2 swims for their own age group and an opportunity of swimming a further 2 swims in the open races. A further gala will take place later in the year, probably November.*

*Please try and attend regularly as it is only by doing this that you will improve on both technique and stamina and if for any reason you are going to be absent from the club for more than 3 weeks, please let us know.*

***A message to parents****, if you would like to help at the club in some way, please come and find out more. We are always after timekeepers, committee members, helping on our admissions table or just helping to collect and putting away the floats and other swimming aids after a session.*

***Safeguarding*** *- Heath Town swimming club is committed to providing a caring, friendly and safe environment for all of our members, so that when they participate in club activities, they do so in a relaxed and secure atmosphere.*

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*The club has SwimMark accreditation which is Swim England’s quality standard for clubs. It recognises high standards of governance, sustainability, and effectiveness. This is the Swim England’s ‘quality mark’. It recognises nationally and regionally the clubs that are committed to providing safe, effective, and quality services for the benefit of their members.*

*The Welfare Officer is essential in providing a first point of contact for children, parents and adults within the club who have a child safeguarding or welfare concern. In partnership with the club committee, the Welfare Officer ensures that the club is adopting and implementing child safeguarding policy and procedures which are necessary for it to demonstrate its duty of care to children.*

**Tracy Hudson**

**Welfare Officer**

**Tracy.htsc@gmail.com**

*Heath Town fully endorses and operates in accordance with Swim England's Child Protection Policy (Wavepower 2020-2023: Child safeguarding policy and procedures for clubs).*