



Swim & Save E-zine - April 2022



ILSW – The Countdown is On - Have You Registered Yet?

We are now less than two weeks away from this year's International Learn to Swim Week (ILSW) and all of our free campaign resources are now live. If you have signed up for ILSW 2022, thank you, and you should've received an email containing a link to the resources.

The pack contains valuable content from open water guidance, ILSW lesson ideas, social media images, children's water safety activity sheets, and more!

Keep an eye on our socials as well, as there will be multiple competitions for ILSW-registered swim schools in the build-up to the campaign.

If you haven't signed up for ILSW it's not too late.

#LoveWaterSafely

[JOIN US HERE](#)

STA'S ANNUAL CONFERENCE IS BACK

SAVE THE DATE

FRIDAY 28TH AND SATURDAY 29TH OCTOBER 2022

LEICESTER MARRIOTT HOTEL

90th ANIVERSARY Teaching Swimming & Saving Lives 1932-2022

ZOGGS Official Conference Sponsor

#staconference22

Save the Date – STA’s Conference is Back

After two years away, we are delighted to confirm that our annual face-to-face conference will be back later this year at the Leicester Marriott Hotel, on Friday 28th October (Pool Plant) and Saturday 29th October (Aquatics, Open Water Swimming, Lifesaving / First Aid and Business / Marketing).

Save the date because it will be an exciting time for us all to get back together in-person again, and celebrate our 90th anniversary.

THE QUEEN'S PLATINUM JUBILEE 2022

CONGRATULATIONS ON MAKING A SPLASH AT STA'S PLATINUM JUBILEE 'POOL TEA PARTY'

QUEEN'S JUBILEE POOL TEA PARTY

To celebrate the Queen's Jubilee STA has created a Queen's Jubilee Pool Tea Party participation certificate. On completion of the below activities or similar activities a swim school is running to celebrate the Queen's Jubilee, participants can receive the certificate.

The activities are designed to be completed as part of a continuing activity within a lesson, not for a full lesson. The skills and activities can be adapted for shallow and deep water. Participants can swim or walk during processes, and teaching aids and / or buoyancy aids may be used. For adult and child lessons, the adult can move and support the child through the water during the activities.

ACTIVITY

Entrance to the party down the parade

Balance and wave to the Queen

Make your own sandwiches

Pour the tea

Tea for Coke

Drinking time - holly wobble

Jolly on the poles

Tea party and entry to the Queen

TEACHING PRACTICE

Swim under a wobble tunnel

Teaching water walking

Swimming teacher, assistant, lifeguard

Using a hoop (watering can)

In a circle or holding the edge of a play raft or poolside

Please note, the water must be deep enough for safe jumping. If not, this activity can be done in the water.

Participants leave the water using a safe exit and return or bow to the Queen (swimming teacher, assistant, lifeguard) before safely leaving the pool area.

Celebrate the Jubilee with a Platinum Pool Tea Party

To celebrate the Queen’s Platinum Jubilee Central Weekend on 2nd – 5th June, the team have created themed play activities that will help

members host a fun, celebratory 'tea-party in the pool' during a lesson – and they come with an accompanying participant certificate.

There is also a generic certificate available for those planning their own Jubilee events, and customisable options for adding logos.

All the resources are now available for members to download for free from STA Online > Member Resources > Jubilee Resources.

[MORE INFO](#)



More Free Webinars!!

Andrew Hailey, Director of Aquatics at Tanglin Trust School in Singapore, will be hosting 3 free sessions on the subject 'Rethinking our Teaching Approaches from a Contemporary Perspective' on the 18th May, 25th May and 1st June - all from 1:30 – 2:30 pm.

This series of webinars will introduce you to a contemporary area of motor learning that is focused on inclusion and the individual swimmer. All the sessions will be recorded so they can be played back.

Emma Holden, our STA Ambassador has also released additional webinar dates this month.

[VIEW SCHEDULE](#)

Pledging Our Support To Employee Mental Health And Wellbeing

We are pleased to announce that we are showing our commitment to employee mental health and well-being, by signing the Good Work Pledge, which has been created by Workplace Mental Wealth and is supported by CIMSPA.



[READ MORE](#)



Industry News: ukactive Report Extremely Low Rates of COVID-19 In Leisure

Earlier this month ukactive published their latest report on the pandemic, and it validates that there were extremely low rates of COVID 19 among people using fitness & leisure facilities (inc. swimming pools) throughout the different phases of the pandemic.

[READ MORE](#)



Join Us For Even More Lido Fun at the 2022 Henley Swim Festival

Following the success of the 2021 partnership, we will once again be hosting the Lido, or free swim area, at the Outdoor Swimmer Henley Swim Festival in 2022 on 10th July. As the three hour-long swimming sessions on offer last year were oversubscribed, we, with the help of NOWCA, have recruited lifeguards for the whole day – this way we can offer even more opportunities this year for people to experience the river in a safe and controlled environment.

[READ MORE](#)



And Finally...

STAnd Up for Swimming has many more courses registered in May across the whole of the UK – look out for regular updates on Facebook as spaces can become available at the last minute on these courses. Also please

keep on nominating as we are continuing to schedule new courses weekly for the rest of the year.

[MORE INFO](#)



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