



## Swim & Save E-zine - May 2021



## Celebrating the Return of Swimming During ILSW

This month, we are all joined in to celebrate the reopening of swimming pools and to promote the benefits of swimming during our annual International Learn to Swim Week (ILSW) campaign. We are also delighted to welcome support from tv presenter Ayo Akinwolere, former TOWIE star James Argent, and Geordie Shore and fitness expert James Tindale, who used their platforms to talk about their own personal swimming challenges and achievements throughout the week.

Thanks to the 5000+ swim schools across 40 countries who took part this year – together you've educated more than 250,000 on the importance of learning to swim and water safety.

**Let's keep the #LoveWaterSafely message going throughout the summer.**

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## New Wellbeing & Mindfulness Resources for Swimming Teachers

With Dr Alexandra Barnett, a Chartered Counselling Psychologist, we have created new Wellbeing and Mindfulness resources for swimming teachers and parents this month. These unique teaching resources, have been specially designed to help swimming teachers care for, and support young learners' wellbeing and mindfulness during lessons.

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## New Partnership with The Outdoor Swimming Society

We were delighted to announce a new partnership with The Outdoor Swimming Society (The OSS) earlier this month, in support of their SwimCouchto5k programme, which has been written by coach Dan Bullock and Kate Rew to get people to shake off the lockdown and get fit for the summer.

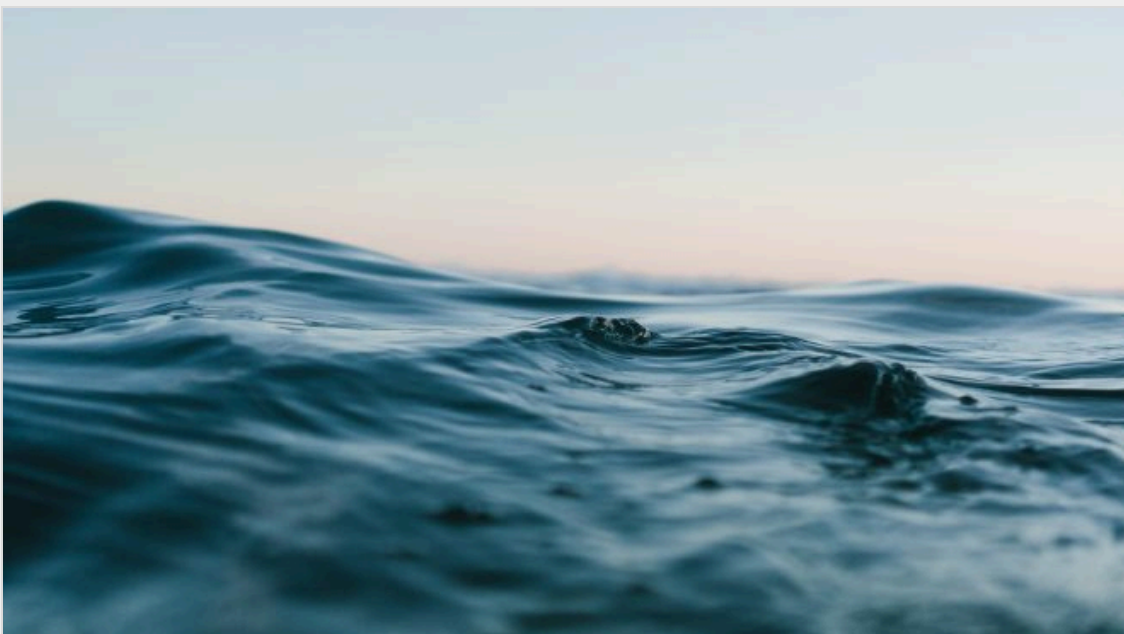
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## Concerning Figures Show an Increase in Water-Related Fatalities

On 20<sup>th</sup> May, the National Water Safety Forum (NWSF) released the latest UK Water-Related Fatalities report for 2020, which concerningly shows an increase in accidental drowning deaths, as compared to the previous calendar year.

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## The Benefits of Open Water Swimming

Colin Campbell, one of STA's Brand Ambassadors, recently carried out research which revealed that four out of five swimmers report mental health gains from open water swimming. Colin said: "As a body of evidence it certainly supports any claim that open water swimming provides benefits to our mental health, physical health, wellbeing, fitness and confidence, as well as a host of other positives."

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## Henley Festival

On the topic of open water swimming, the STA team will be back at Outdoor Swimmer Henley Swim Festival on Sunday 11<sup>th</sup> July, and this year we will be running the Lido area, which is always popular with younger swimmers and those new to open water swimming.

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## School Swimming Lessons are Back at Arundel Lido

You may recall in 2018, we were tasked with managing funding that was donated by Inspire Leisure to promote the benefits of swimming across the district of Arun. School swimming was prioritised and this first-of-its kind project has already given hundreds of school children aged 7-11, from 20 local primary schools, the opportunity to access free school swimming lessons.

Prior to lock-down last year, one of the venues delivering the funded free school swimming was Arundel Lido. The funding at the time was also opened up to home-educated children and those who may not be able to attend mainstream schools.

The pandemic naturally stopped progress, but we are thrilled to confirm that the school swimming lessons are now back on at Arundel Lido. To celebrate, Nikki, the Lido's General Manager, shared this brilliant photo of local children from Arundel CofE School modelling beside their new poolside banner yesterday.



# Final Call for The World's Largest Swimming Lesson

Now in its 12th year, STA is proud to once again be a Gold Level Supporter of [The World's Largest Swimming Lesson \(WLSL\)](#), and we would like to encourage all our UK and international swim schools to take part on 17th June 2021. **Last day to register is 4th June.**

[REGISTER HERE](#)



## COVID Updates

To keep on top of all the latest government / regulatory developments, please refer to:

- [Government announcements](#)
- [Pool reopening guidance](#)
- [Qualification updates](#)

## And Finally

We are delighted that [Aqua Education's STA-endorsed CPDs](#) are taking off around the world, with baby and pre-school swimming teachers in the UK, Finland, Australia, Greece, Sweden and Russia (and soon China) benefitting from the Reflex, Movement and Vision modules.



The Swimming Teachers' Association Limited, registered office as above, is a company registered in England (No. 01272519) and a registered charity (No. 1051631 in England and Wales and SC041988 in Scotland) whose objective is: "The preservation of human life by the teaching of swimming, lifesaving and survival techniques."

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