

# SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 11: WINTER 2007



Frank Chalmers with one of the hazards of swimming the Channel.

## Scottish Channel Swimmer 'missing'

When Frank Chalmers, who swims for the 'Phibbies' open water club in Dundee, conquered the English Channel last year, he presumed that he was one of many Scots who had done so. The historical records, however, suggest otherwise.

Frank, who works as a journalist in London, is compiling a web database on the Scottish Channel swimmers and has managed to interview almost every swimmer (or members of their family if they are deceased). There should be a press article soon and he has plans to write a book.

Scotland has produced many great open water swimmers over the years, but since 1875, when English sea captain Matthew Webb became the first person to swim unaided between Dover and Calais, a total of only 17 Scots have made the crossing.

The great Ned Barnie from Portobello was the first Scot to do so, swimming the Channel in 1950 and 1951, and more recently Kartek Clark, from Edinburgh, completed his seventh successful swim.

The only Scot who has 'got away' is Robert McNae, who swam the Channel under the auspices of the Channel Swimming Association in 1970. Can anyone help?

He can be emailed at: frank.chalmers@foodstandards.gsi.gov.uk or telephoned on: 020 7485 1143 (evening).

## First open water grand prix winners

Open water held their first ever Grand Prix recently, with the series consisting of Junior (aged 16 years and under) and Senior Male and Female sections. Swimmers required to finish in 4 events to qualify for the prize money.

With prizes available for the top five point's scorers in each section, it was disappointing that it was only the Senior Women that had enough competitors taking part in the full number of events to win all the money on offer. However, it is hoped that next year will see an increase in numbers participating in this increasingly popular (and now Olympic) sport.

In the Junior Men's event the winner of the £50 1st prize was City of Glasgow's Martin Kerr, a fairly seasoned competitor, with the second prize being claimed by Douglas

Rodger, of Fauldhouse Penguins, taking a step up from the Novice events of last year.

Jennifer Davies (Carnegie) had a clean sweep in the Junior Women's series. Davies was part of the Scottish Squad that impressed the French in taking the medals in the Redon round of the French Cup in September. She was followed by Glasgow's Sian Sloan-Dennison (also in the Squad in France) and newcomer Rachel Whiteside, from Menzieshill Whitehall.

As ever, James Leitch (City of Glasgow) was at the front in the Senior men's events, taking the £200 first prize, followed by another seasoned competitor, Jamie Logan from REN 96 (also a member of the "French" Squad), and James' Glasgow teammate Nick Shields in third.

The hotly contested Senior women's section ended in a tie for first place between Peebles' Lynn Duncan, and REN 96's Jo-Ann McGarvey, both finishing with 95 points. The 3rd place was taken by Susan Black (City of Glasgow) who along with Jo-Ann had also been in the Scottish Squad at Redon.



St. Thomas ASC staff celebrate swiMark success

## St. Thomas ASC hit the mark

St. Thomas ASC has been recognised as the first club in Scotland to achieve the new SwiMark Accreditation standard, by being presented with a certificate from Scottish Swimming. Presenting the certificate, Richard Gordon, Director of Coaching and Development at Scottish Swimming said, "I am delighted to present this certificate to St. Thomas ASC. They are working with us on a number of initiatives which will allow them to create plans based around Long Term Athlete Development. These plans include development paths for teachers and coaches as well as swimmers, which will benefit the club and see swimmers and coaches get the most out of their pool-time."

Heather Albin, Swimming Development Manager for Sport Tayside & Fife, also commented on the achievements of St. Thomas ASC. "I hope many more clubs follow the example set by St. Thomas ASC. By achieving SwiMark accreditation, St. Thomas ASC has national recognition that they follow a quality programme which implements Long Term Athlete Development guidelines which in turn provide an ideal environment for swimmers to reach their full potential."

**SWIMARK**  
Accredited Club

**SwiMark is Scottish Swimming's development programme for affiliated clubs, which aims to help Clubs:**

- Develop their services based on good practice
- Achieve improved swimmers, teachers/coaches, more motivated volunteers
- Demonstrate they are 'safe, effective and child friendly'
- Show they are 'fit for purpose' to receive public support
- Implement Long Term Athlete Development



Melbourne memories. (Left) Caitlin McClatchey victorious. (Right) David Carry overtakes

## Swimming celebrates a year of success

AND LOOKS TO THE FUTURE!

As nine of our elite swimmers prepare for the World Championships next month, there is much to anticipate on their return to Melbourne, the scene of so much success 12 months previous, and what was the start of an amazing year in terms of Scottish Swimming.

### Medal success

- 12 medals at Commonwealth Games in Melbourne
- 13 Scots selected for European Long Course Championships
- Robbie Renwick crowned European Junior Champion at 200m Freestyle
- Kirsty Balfour crowned European Champion at 200m Breaststroke (Long Course Championships)
- Kirsty Balfour crowned European Champion at 200m Breaststroke (Short Course Championships)

### Awards

- BBC Radio Scotland – Sports Performance of the Year (Scotland's Commonwealth Games Aquatics Squad)
- Sunday Mail – Sport of the Year (swimming)
- Lonsdale Emirates Trophy for Scottish Sportsman of the Year – Gregor Tait

- Talk 107 Radio – East Coast Team of the Year – Scotland's Commonwealth Games Aquatics Squad
- Sunday Herald Scottish Sportsperson of the Year – Kirsty Balfour
- Lord Provost of Stirling Sportsman of the Year – Gregor Tait
- City of Glasgow Team of the Year – Scotland's Commonwealth Games Aquatics Squad
- City of Glasgow Thales Young Sportsperson of the Year – Rebecca Hillis
- BSCTA Coach of the Year – Fred Vergnoux

### Heading to Melbourne for the World Championships are:

SWIMMER	CLUB	COACH
Kirsty Balfour	City of Edinburgh Swimming	Frederic Vergnoux
Caitlin McClatchey	Loughborough University	Ben Tittley
David Carry	City of Aberdeen Swim Team / Loughborough Univ.	Ian Turner
Todd Cooper	Stirling Swimming	Chris Martin
Kris Gilchrist	City of Edinburgh Swimming	Frederic Vergnoux
Andrew Hunter	Stirling Swimming	Chris Martin
Robert Lang	City of Edinburgh Swimming	Frederic Vergnoux
Robbie Renwick	City of Aberdeen Swim Team	Eileen Adams
Gregor Tait	City of Edinburgh Swimming	Frederic Vergnoux

- British Olympic Association 2006 Olympic Athlete of the Year (Aquatics) – Kirsty Balfour

Head Coach Ian Turner is looking forward to continuing the good form achieved this year but believes is going to be a very tough World Championships. He said, "The World Championships will be an uncompromising meet. Just 16 months out from the Beijing Olympics, it's going to provide a real test to the squad and indeed the swimming world as a whole."

"Some of the events in Melbourne will provide clear indicators as to where we stand in the world prior to an Olympics but there will be others, as history shows us, that will fail to give anything away," said Turner.



Melbourne will be Robert Lang's first major championships

In many cases the World Championships will provide Turner and the British squad with a valuable indicator as to the climate of world swimming with an Olympics in the not too distant future.

"It's a World Championship so therefore it's an important meet for British Swimming but it will also have that added bite because, as a nation, we will have to use the meet to qualify our relay teams for the 2008 Olympics. It's imperative we get them right to ensure we're competing in some of our strongest events in Beijing the following year."

Features in this issue of Splashnews include a pull out and keep UKCC and licensing section and a brand new page dedicated to Volunteers.

SplashNews is published by: Scottish Swimming, National Swimming Academy, University of Stirling, Stirling FK9 4LA  
Tel: 01786 466520 Fax: 01786 466521  
info@scottishswimming.com www.scottishswimming.com  
Scottish Swimming's vision: "To ensure every single person in Scotland has access to quality swimming programmes, regardless of age or ability".



# Meet the team!

Here's a quick introduction to the professional team here at Scottish Swimming, working both at the National Swimming Academy, Stirling and at specialist centres throughout Scotland. If you have a query for any of them, get in touch!

## Ashley Howard

**Chief Executive**  
a.howard@scottishswimming.com  
Ashley's role is to support the staff, Council and Board. Ashley also leads on the development and execution of vision, strategy, and planning.



## Ally White

**Director of Performance**  
a.white@scottishswimming.com  
Ally provides leadership in developing, implementing and co-ordinating the strategy to take Scottish Swimming towards being the diamond in the crown of British swimming.



## Fred Vergnoux

**City of Edinburgh Swimming Head Coach**  
coachfvb@hotmail.com  
Fred is responsible for coaching City of Edinburgh Swimming swimmers, working closely with Scottish Swimming's Director of Performance and the Institute and Area Institute coaches.



## Gary Vandermeulen

**Tayside and Fife Institute of Sport Swimming Coach**  
g.vandermeulen@dundee.ac.uk  
Gary works with the swimmers and their coaches on the Area Institute programme to further develop their performances and provide a platform to move onto the Institute programme. He also works closely with clubs in the area to recruit more swimmers onto the area institute programme.



## Gordon Glasgow

**East of Scotland Institute of Sport Swimming Programme Manager**  
g.glasgow@scottishswimming.com  
Gordon works with the swimmers and their coaches on the Area Institute programme to further develop their performances and provide a platform to move onto the Institute programme. He also works closely with clubs in the area to recruit more swimmers onto the area institute programme.



## Vacancy

**West of Scotland Institute of Sport Swimming Programme Manager**  
This post works with the swimmers and their coaches on the Area Institute programme to further develop their performances and provide a platform to move onto the Institute programme. It also works closely with clubs in the area to recruit more swimmers onto the area institute programme.

## Chris Jones

**City of Edinburgh Assistant Coach**  
chrisjones99\_uk@yahoo.co.uk  
Chris provides support to the Head Coach of City of Edinburgh Swimming. Linking up with Scottish Swimming and the institute network.



## Kerry Adam

**Administration Officer (Performance)**  
k.adam@scottishswimming.com  
Kerry provides admin support for the Director of Performance, national youth squads, combined district squads and the District Regional Programme. Kerry also manages the pool bookings.



## Richard Gordon

**Director of Coaching & Development**  
r.gordon@scottishswimming.com  
Richard leads the development team and is responsible for planning and implementing a comprehensive teacher/coach education and development programme and working in partnership with clubs and local authorities to deliver long term athlete development.



## Lorraine Campbell

**Education Manager**  
l.campbell@scottishswimming.com  
Lorraine is part of the development team and her key areas of work include, establishment of Scottish Swimming as a training provider for teacher coach education, management of the tutor workforce, teacher/coach and tutor licensing and continuing professional development. Lorraine is also responsible for policy development specifically on child protection and is the Professional Staff member attached to Water Polo, Open Water and the National Education Committee.



## Jemima Coates

**Swimming Youth Development Manager**  
j.coates@scottishswimming.com  
Jemima is part of the development team and her key areas of work include, SwiMark (the Club and Swim School Development and Accreditation Programme), the newly revised Learn to Swim Programme and Aqua Skills. She is also the Professional Staff member attached to both Synchronised Swimming and Masters and the Technical lead for SwimGym Version 2. Jemima is the Scottish Swimming Equity Officer.



## Eilidh McCall

**Volunteer Development Manager**  
e.mccall@scottishswimming.com  
Eilidh is a recent member of the development team, and the post is a 2 year pilot position. Her main area of work will be to produce a volunteer development strategy. Other areas of work will include education and child protection.



## Paul Wilson

**Disability Swimming Development Officer**  
p.wilson@scottishswimming.com  
Paul is a recent member of the development team, with a main focus on disability swimming. Working closely with Scottish Disability Sport and GB Disability Swimming to provide a seamless pathway from Learn to Swim through to World Class Programmes.



## Gillian Goodwin

**Administration Officer (Development)**  
g.goodwin@scottishswimming.com  
Gillian provides admin support to the Development Team. Gillian's focus is on the set up of Teacher/Coach Licensing and Education. Gillian leads on the Membership Process, including the Integra membership database. Gillian provides admin support for the STO Committee and admin duties in relation to club Child Protection recruitment policies and procedures



## Elaine Mackenzie

**Director of Operations**  
e.mackenzie@scottishswimming.com  
Elaine's role is to lead on all HR matters. Elaine also has responsibility for risk management, constitutional issues and ensuring that Scottish Swimming meets quality assurance standards.



## Julie Hughes

**Executive Officer**  
j.hughes@scottishswimming.com  
Julie provides administration support to the Board of Directors, Council, national swimming committee, national swimming events committee and Scottish records. Julie also provides admin support for the CEO.



## Julie Aitken

**Administration Officer**  
j.aitken@scottishswimming.com  
Julie's role provides support on Scottish Swimming's Awards dinner, membership and website. She also provides general operations, and support on marketing, diving, water polo & synchro.



## Melanie Findlay

**Administration Officer**  
m.findlay@scottishswimming.com  
Melanie's responsibilities include providing admin support for the CEO and supporting open water and Masters. In addition, Melanie's role includes the AGM, information guide, membership, maintaining our contacts list, medical/doping database and athlete support awards.



## Donna Fyfe

**Receptionist**  
d.fyfe@scottishswimming.com  
Donna is the first point of contact in the organisation and is responsible for all tasks resulting from general enquiries via mail, email or voicemail. She also leads on the renewal of our membership process as well as weekly mailings, office IT and the raffle whilst providing general admin support.



## Deborah McGinniss

**Finance Manager/ Company Secretary**  
d.mcginiss@scottishswimming.com  
Deborah is responsible for the day to day financial management of the company. This includes managing the investment awarded by sportscotland and other external partners, set and manage budgets, administer payroll and process expense claims and invoices.



## Marilyn Sweet

**Finance Officer**  
m.sweet@scottishswimming.com  
Marilyn provides support to the Finance Manager, dealing with day-to-day finance and matters such as processing of invoices, expense claims, payments



## Kirsten Baker

**Marketing & Communications Manager**  
k.baker@scottishswimming.com  
Kirsten's role is to lead on all marketing and media activity within Scottish Swimming. This includes sponsorship, media, website, SwimGym™, the awards dinner, SplashNews and increasing membership.



## Emma Sunderland

**Sales & Marketing Officer**  
e.sunderland@scottishswimming.com  
Emma's role involves managing and promoting the Scottish Swimming Awards and all Scottish Swimming merchandise, including the online shops as well as supporting the Marketing and Communications Manager with projects such as Splashnews, website and SwimGym™. In addition, Emma also supports the development team on the promotion of the Learn to Swim and Aquaskills.



## Anthony Stickland

**High Performance Coach, British Swimming (Disability)**  
a.stickland@scottishswimming.com  
Anthony's role is to work with Scottish world class performance and world potential swimmers and their coaches, providing specialist coaching and advise to get more swimmers on to the international stage



# Pull-out information special

- Teacher and coach licensing
- UK Coaching Certificate

## Teacher and coach licensing

### FREQUENTLY ASKED QUESTIONS

Since the launch of Teacher & Coach licensing in March 2006 we have had many questions asked of us regarding the process for gaining a licence. We felt it would be of use to those of you not yet sure about whether you would qualify for a licence, provisional or full, to have a read at some answers to the FAQs. You may then have additional questions of your own as the list provided is not exhaustive. If you do have further questions please do get in touch and we will do our best to provide you with an answer.

### General Questions:

#### 1 How much does a licence cost?

Licensing is FREE to members of Scottish Swimming, the Institute of Swimming (IOS) and the British Swimming Teachers and Coaches Association (BSCTA). Those not a member of any of the above must firstly prove they are adequately insured and the cost is £45.00.

#### 2 Do I have to be a member of an affiliated club to become a member of Scottish Swimming?

Currently, for teaching and coaching purposes, yes, however the area of membership is currently being reviewed. Details of any changes in membership categories will be made available following our AGM in February 2007.

#### 3 How long is a licence valid for?

A provisional licence is valid for 24 months with the possibility of extending this to a maximum of 36 months on request. A full licence is valid for 36 months from the date of issue.

#### 4 After gaining a provisional licence how long do I have to achieve my elective points?

Once you have achieved the mandatory criteria you have 2 years (max 3 years on request) to submit evidence to achieve all of the necessary elective points. Each level of licence has a different set of electives and applicants should refer to the licence pack for more information.

#### 5 Is licensing mandatory?

Licensing of teachers and coaches is not mandatory at the moment, however, we anticipate the UK government, through the Department of Culture Media and Sport, and sportscoach UK, introducing licensing and registration through the UK Coaching Framework by 2012.

#### 6 I am currently taking part in a level 1 Certificate for teaching (Swimming) and am looking for work. I have come across a job advertised but they want someone who is licensed. How can Scottish Swimming help me gain my provisional licence in order to apply for employment?

The main difficulty is not being able to satisfy the mandatory criteria for 'actively teaching and coaching'. In this case Scottish Swimming can provide the applicant with a letter confirming all other criteria have been met and that the provisional licence will be issued once the prescribed number of hours teaching/coaching has been met.

### Questions relating to the mandatory criteria

#### 1 If I have lost my original qualification certificate from the awarding body how can I prove I am qualified?

You can apply to the awarding body for a duplicate certificate for which there may be a fee that applies.

#### 2 What constitutes an 'equivalent' qualification and what is the process for Scottish Swimming considering such equivalents towards a licence?

An equivalent qualification is one awarded by another recognised awarding body for a qualification in teaching or coaching an aquatic discipline. Scottish Swimming will consider the learning outcomes of the equivalent and compare them with the qualifications we offer. We will then advise the applicant where their level of competence fits into our licensing scheme.

#### 3 I have been disclosure checked by my employer 3 years ago, can I use this as evidence?

No, you must supply evidence of a disclosure application in the last 12 months. Those checked by SASA will be valid for 3 years.

#### 4 It says provide evidence of a disclosure check in the last 12 months. Does this mean I have to be checked every year?

No, you only need to be checked in the last 12 months prior to you submitting your licence application. For a full licence you will need to demonstrate that you have a valid disclosure check every 3 years in order to maintain your licence.

#### 5 If I am self employed how can I get an enhanced disclosure?

You can access the disclosure process at enhanced level by having an application processed via an intermediary body. Scottish Swimming are in the process of applying to be an intermediary body with Disclosure Scotland and so in the near future you could access the check via us. There will be a small fee that applies for this as Disclosure Applications now cost £20.00 for paid staff.

#### 6 I am a self-employed swimming teacher. How do I demonstrate evidence of practical teaching/coaching?

You can ask the facility manager to write a letter of endorsement that relates to the number of hours you hire the pool for and how regularly this is done i.e. 2 hours per week for 10 weeks at a time. The letter would then have to say that the let is for the purposes of swimming lessons, delivered by you as the teacher.

**7 How can I access a Sports Coach UK 'Safeguarding and Protecting Children' workshop?**

Scottish Swimming can arrange a workshop for affiliated clubs free of charge, as it is currently a benefit of membership. We can also help arrange workshops for non-members and generally a fee of £18.00 pp applies to those attending. A calendar of workshops, including the one above, for coach development arranged across Scotland by various providers is available for download at sportscotland's website at [www.sportscotland.org](http://www.sportscotland.org).

**8 Will you accept an alternative training programme for child protection?**

As with any equivalent qualification the process described in question 2 will apply.

**Questions relating to the elective criteria**

**1 Is there a published list of CPD courses/seminars in Scotland available?**

There will be an annual calendar of CPD courses/seminars arranged by the training provider – Scottish Swimming. This will be made available mid 2007 and more details will appear on our website in due course.

**2 Do you need to be a recognised tutor to deliver CPD sessions?**

There may be a selected few occasions where guest speakers will be invited to deliver a session at, for example, an accredited performance day where the individual is not a 'recognised' tutor but classed as an expert in their field. Those attending such sessions will still be able to gain points for attending and indeed the guest speaker can apply for points having delivered the session.

**3 Can you give an example of an accredited Scottish/British Swimming training camp? Who can attend these?**

Training camps are regularly arranged for national squad training across all of our associated disciplines. In swimming the lowest level of camp would involve the District Regional Programme where swimmers having been selected are invited to 3 training days for that year. Coaches of the swimmers are invited along to the session and can access mentoring opportunities with other coaches. Also, Scottish Swimming is always looking for volunteers to help out with the other disciplines. Check out our website for forthcoming events you can get involved in.

**4 How can I demonstrate the number of hours I teach for and how should this be presented i.e. per week, month, year? How can I possibly reach the maximum points?**

You should have your employer write a letter outlining how many hours you 'normally' teach/coach for each week. It would be helpful if they then also give how many weeks per year this amounts to and for how long you have been doing it for i.e. 4 hours per week, 48 weeks per year, for the last 2 years. This allows us to calculate how many points you qualify for per year. We then multiply this by 2, i.e. over the provisional license period, to calculate how many points you will achieve in that time. Once fully licensed and submitting to maintain a licence, evidence is needed to be supplied for this elective and the points will be counted over a 3 year period.

**5 I teach my own lessons programme for a local club and have no assistants – how can I demonstrate evidence of practical teaching hours?**

The head coach of the club or whoever oversees the lessons programme should be able to provide you with this.

**6 Mentoring – How can I demonstrate that I have been mentored by a teacher or coach qualified to a level above me? Why is this relevant?**

We need to see evidence by way of how regularly you are mentored i.e. 1 hour per week and confirmation of the level of the teacher or coach mentoring you. This should then be signed by both individuals and by an officer at the club/line manager. Mentoring is important as it helps demonstrate the experiences being shared with you and show the help and guidance you are receiving towards your own development.

**7 Mentoring – how can I demonstrate that I have mentored a teacher or coach qualified to a level below me? Why is this relevant?**

As in question 6 the evidence should show the regularity of the mentoring activity. The importance of being a mentor is that you are helping to develop those working at a level below you. The skills required to do this effectively demonstrates another level of competence in you as a teacher/coach.

**8 I am qualified as a level 2 teacher but I coach at a local club and can demonstrate some of the criteria for a level 3 development coach. What level of licence can I apply for?**

You would apply for a level 2 swimming coach license, as part of the mandatory criteria involves what level you are qualified at. Despite the fact that you may be operating at a higher level the fact that you have a licence will demonstrate that you are fit to practice. The next steps for you would be to work towards gaining a qualification/certificate in coaching at level 3.

**9 I am qualified as a level 2 swimming teacher and as a level 3 Diving Club Coach, what level of licence(s) do I apply for and how many points do I need to get?**

**PROVISIONAL:** when it is just the provisional licence you will need to meet the mandatory criteria for each licence. Some of these will be the same and the evidence supplied will be attributed where necessary.

**FULL:** For the swimming licence you will need to specify whether you are looking to be a licensed swimming teacher or a licensed swimming coach. Either way you will be applying at level 2 for this. For the Diving licence it will be at level 3 and this is where you would look for the points required. You would need 72 points from at least 5 of the electives at level 3 and then a further 18 points to allow you to also gain your level 2 swimming licence.

**10 I coach district level swimmers and have had a few attend the Scottish Nationals. How do I show that they were coached by me and that they attended the competitions?**

You can either provide a copy of their results or any documentation you use to track entries of swimmers to these competitions. The Head coach or, if you are the head coach then another club office bearer, can endorse that you coach the swimmers in question.

**11 What does 'attendance at a competitive event' mean and how should I present any evidence of this in order to gain the points per hour?**

As you would perhaps imagine 'attendance' does not simply mean as a spectator. We would want evidence to show that you were part of a team/group or were the coach accompanying a/several swimmers to the said competition. We would need the name of event attended, dates/times of sessions attended and the number of swimmers you were responsible for.

## How can I apply for a licence?

Licence application packs are available from Scottish Swimming and are also available for download at [www.scottishswimming.com](http://www.scottishswimming.com)

From 1st November 2006 Teacher Coach Licence applications will be processed 4 times per year with applications being submitted and processed according to the following timelines:

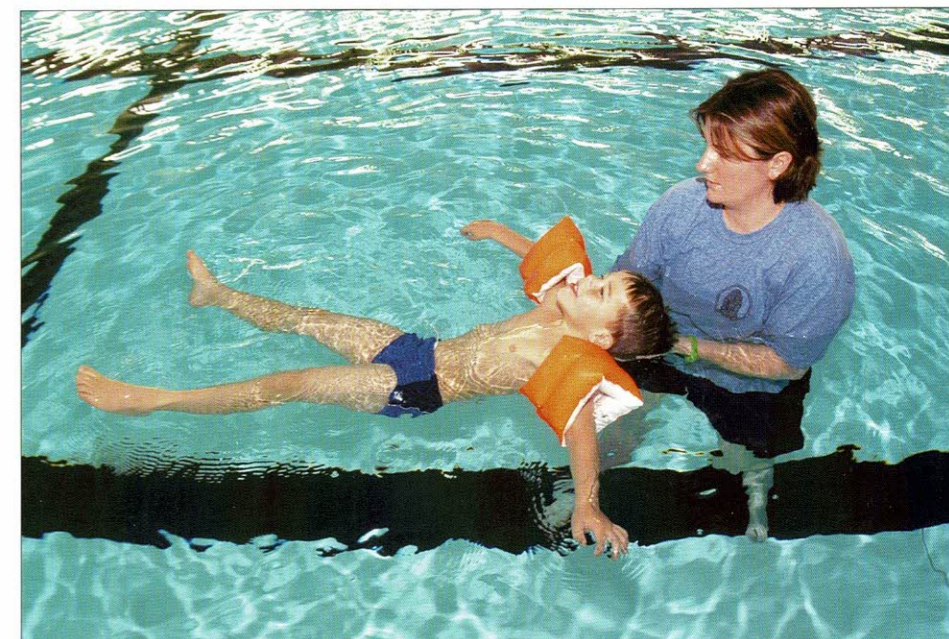
Submit application by	Processing time	Licence issued by
30th November	December	1st (working day in) January
28th February	March	1st April
31st May	June	1st July
31st August	September	1st October

If you have any further questions regarding licensing please feel free to contact Lorraine Campbell, Education Manager on 01786 466 520 or by email on [l.campbell@scottishswimming.com](mailto:l.campbell@scottishswimming.com)



## UK Coaching Certificate

A quick summary of everything you need to know!



### General Questions:

**1 What is the UKCC?**

The United Kingdom Coaching Certificate, (UKCC), is an initiative to endorse coach education programmes, across sports within the UK, against agreed criteria including:

- The endorsement of the coaching qualification a coach will take
- The development of appropriate resources to deliver effective and high quality coach education programmes
- Quality assured administration and management structure of coach education provision provided by sports
- Quality assured training provision of coach education programmes

**2 What are the benefits?**

The UKCC provides a recognised stamp of quality coaching across sport and across the UK. It makes it easier to identify the right coach for the right job and will help to professionalise coaching by establishing a recognised framework for coach education. The UKCC will ensure that sports are delivering the best available, athlete centred coaching and in due course reap the rewards of sporting success, both in performance and recreational enjoyment of sport.

**3 How many levels of qualification are there?**

Originally there were 5 levels of qualification proposed, however, work is ongoing on a number of fronts to explore whether there will indeed be a level 5. For example consideration is being given to finding parity with the European coaching system which has 4 levels. It has now also become clear the likelihood of level 4 and 5 needing to be

delivered through an institute i.e. university programme, and what this would entail is currently being considered. For the majority of sports priority has been given to levels 1, 2 and 3 for launch in 2007.

**4 What am I qualified to do at each level?**

A coach will be able to perform different duties at each of the 5 levels:

- Level 1** – Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision.
- Level 2** – Prepare for, deliver and review coaching session(s).
- Level 3** – Plan, implement, analyse and revise annual coaching programmes.
- Level 4** – Design, implement and evaluate the process and outcome of long term/specialist coaching programmes.
- Level 5** – Generate, direct and manage the implementation of cutting-edge coaching solutions and programmes.

PLEASE GET IN TOUCH IF WE CAN ANSWER ANY MORE QUESTIONS:

[info@scottishswimming.com](mailto:info@scottishswimming.com) • 01786 466520

## UKCC – Swimming questions

**1 What are the main differences between the current ASA qualifications and those being developed in line with UKCC?**

There are four main differences:

<b>1</b>	Swimming Coaching and Teaching are now split into separate strands; they sit alongside the other disciplines of Water Polo, Synchronised Swimming and Diving
<b>2</b>	The qualifications are athlete centred, working along the principles of Long Term Athlete Development (LTAD); it allows teachers and coaches to progress through levels 1-5 of qualification appropriate to the environment within which they work.
<b>3</b>	At levels 1 and 2 there is a greater emphasis on the 'how to coach' rather than the 'what to coach'.
<b>4</b>	The Teaching strand will have a greater emphasis on a multi-disciplined approach – Swimming/Diving/Water Polo/Synchronised Swimming. Teachers will be assessed on their ability to deliver skills and drills associated with all of the four aquatic disciplines.

**2 When will the new educational process be launched?**

From the 1st January 2007 Level 1, Level 2 and Level 3 will become available in Swimming Coaching, Diving and Water Polo.

Synchronised Swimming Level 1 will be available at this time; however their Level 2 and Level 3 will be ready later on in the 1st quarter of 2007.

Swimming Teaching levels 1, 2 and 3 will be available from September 2007 onwards.

**3 What is involved in getting a qualification?**

Generally this would involve a candidate registering to sit a course with both ongoing and formal assessments to determine whether they gain the qualification. At Level 2 onwards there has been a positive move to incorporate vocational assessment, where the coach can be assessed in the environment they ordinarily coach in.

**4 What will happen to my current qualification?**

Nothing, all current and past qualifications will continue to be recognised.

**5 What if I don't wish to undertake further training?**

As stated above all current and past qualifications will continue to be recognised, however, there has been a strong suggestion that following on from the introduction of and standards raised by UKCC, at some point in the near future sports teachers and coaches will be expected to work towards a licence to practice. This will involve providing evidence of keeping up to date to show technical competence.

**6 How long is the training for each level?**

**Level 1** – approximately 40 hours

**Level 2** – approximately 90 hours

**Level 3** – approximately 180 hours

All these timings include pool time delivery, theory aspects and assessment.

**7 How will I be assessed?**

**Level 1** – Multiple choice exam, practical delivery and written assessments

**Level 2** – There will be assessment through written exams, practical delivery to include vocational assessment, and written assessments

**Level 3** – There will be assessment through written exams, practical delivery to include vocational assessment, and written assessments

**8 How much will the training cost?**

All course costs vary depending on the cost of hosting the course in a swimming pool, hiring a room for theory delivery, tutor costs, resources and assessment costs. Therefore we can not give a definitive cost. However all registration and assessment costs will stay at the current level.

**9 Can I be fast-tracked through the training programme(s)?**

There will be an exemption process in place for those who feel they could enter the system beyond entry level. The approach here has been to make the information available on what is expected of the candidate i.e. the course requirements, and the exemption criteria and for them to then make the case for being exempt. Thereafter the candidate must take full responsibility for the next steps.

## Membership Services

**1 By joining SASA through an affiliated club, what insurance do I get?**

The club is covered by civil liability insurance.

**2 What is civil liability insurance cover?**

Everyone involved in sport has a responsibility to ensure that anything they do does not cause injury or financial loss to others, or damage to property. If they do and negligence is proven, they become legally liable to pay compensation. A Civil Liability Policy provides comprehensive cover for incidents arising out of the Association's activities.

**3 What is professional indemnity insurance cover for coaches?**

An instructor can be personally sued for negligence as a result of a class participant

**10 What if I want to do teaching and coaching? What qualification will I sit?**

There will now be a clear split between the teaching and coaching courses, however, the 'How to' part of both courses is classed as a core unit i.e. common to all. For example, this means that at level 1 which consists of 2 units: Unit 1 is the How to Coach/Teach part with Unit 2 being the technical unit i.e. Teaching Swimming, Coaching Swimming, Coaching Diving etc. You will therefore only have to do Unit 1 once but you can do as many of the unit 2 technical units as you wish.

## Licensing Questions

**1 What is licensing?**

A licence is a method of demonstrating technical competence.

**2 How is it linked to UKCC?**

Licensing and accreditation of coaches is not currently a direct requirement of UKCC. It has long been suggested that an accreditation/licensing system be introduced across sport. Recent work, facilitated by sports coach UK on the UK Coaching Framework, currently in draft format (Nov 2006), includes the introduction of UK standards for coach registration and licensing, which are being considered as distinctly different, by 2010 and 2012 respectively.

**3 Which organisation will I be licensed with?**

In Scotland, Scottish Swimming is the recognised licensing authority for aquatics.

FOR MORE ON LICENSING SEE THE FAQs ON LICENSING

suffering an accident after following his/her coaching advice. This Policy provides errors and omissions protection for advice given/not given to third parties. Circumstances could include injuries through demonstrations, inadequate supervision or 'mis-matches' between grades where the junior gets injured. This Policy can be taken out in your own name and will provide cover wherever you coach, world-wide.

**4 As a professional, can I be employed by an amateur swimming club without being a member of SASA?**

In principal, yes. It is a condition of the club insurance cover that you are a member. By not being a member will make the club's insurance cover null and void and therefore no claims could be made against it should an accident happen.



# Volunteer!

## Young swimming volunteers at UK School Games

The inaugural UK School Games event in September saw two young volunteers, Charlotte Drysdale from the East District and Rhona Martin from the West District shadowing Eilidh McCall, in her role as Welfare Officer. The games comprised of five sports: athletics, swimming, gymnastics, table tennis and fencing plus disability events in athletics and swimming. Over the 5 days, swimming had 32 events and 10 Paralympic events which the girls got to be involved in.

Charlotte, a sports student at Telford College, wanted to volunteer to help her get more involved in swimming, and enjoyed her time at the games immensely, "I really do think more people should volunteer as you get a feeling of satisfaction helping at an event, as well as helping our future athletes get the notice and credit they deserve!"

Rhona already volunteers with Renfrew Baths ASC as a swim coach and wanted to find out

more about other volunteer roles available, "I joined the child protection team at Tollcross Swimming Pool and had a great time. I hope I can volunteer in future events."

Eilidh, Scottish Swimming's Volunteer Development Manager, is keen for young people to participate in events like the UK school games as she feels it provides them with a great opportunity to gain sports volunteer experience, "The UK School Games is the perfect occasion for volunteers from every sport to be involved and I'm really glad the girls decided to come along and volunteer as it enabled them to find out more information and experience other volunteer roles"

Would you like to volunteer at events like this in your area? Contact Eilidh on 01786 466520 or email e.mccall@scottishswimming.com to discuss volunteer opportunities in the world of swimming.

**Do you live in Edinburgh?**

Edinburgh Leisure now has a Youth Volunteer Worker who will be looking to provide volunteer opportunities for Edinburgh's young people aged 14-25 years. These opportunities will be within Edinburgh's sports venues and sports clubs.

**Would you like to volunteer in Sport?**

Eilidh McCall, Scottish Swimming's Volunteer Development Manager is delighted that a post like this has been implemented within the Edinburgh area and feels that this can only support the swimming clubs within the Edinburgh area, "This is a fantastic opportunity for Scottish Swimming to link up with Edinburgh Leisure, for the benefit of our Edinburgh based clubs"

**Are you aged between 14-25 years?**

If you would like further information about the volunteer opportunities in Edinburgh please contact Eilidh on 01786 466520 or email e.mccall@scottishswimming.com

## Volunteer consultation

Scottish Swimming will produce a Volunteer Development Strategy in 2007. This strategy will aim to positively affect all of Scottish Swimming's volunteers. The four key areas which this will include are recruitment, retention, recognition and rewarding. These areas will underpin Scottish Swimming programmes such as SwiMark to ensure there is an effective 'volunteer pathway'.

Consultation will be undertaken to produce the strategy through a volunteer questionnaire and a core focus group. This questionnaire is available to print on www.scottishswimming.com

in the volunteer section of downloads, or alternatively in the News section of the website there is a link to the online version.

To ensure that the strategy will be effective we would like to hear the views of the volunteers and are looking for a healthy response. We would like volunteers to play a part in developing the Scottish Swimming's Volunteer Strategy. We have had a good response so far and we would like more volunteers to complete the questionnaire. The deadline for the questionnaire will be Friday 9th March 2007. If you have any queries regarding the questionnaire please contact me on 01786 466520 or email e.mccall@scottishswimming.com

## Sign up for Scotstoun and mix with the Sudirman Cup stars

Fancy the chance to mingle with world class sports stars and watch them live in action? Then why not sign up as a volunteer for next year's Sudirman Cup – Badminton's World Mixed Team Championships - at Scotstoun in Glasgow?



Over 1000 of the sport's top stars from 60 countries around the world will be gathering at Scotland's National Badminton Centre from June 10-17, 2007, and hundreds of volunteers are needed to make the show go with a flow. BADMINTONscotland would like to invite enthusiasts from all Scottish sports to get involved and experience a major world sports event.

Age is no barrier. School kids will be needed to act as runners - the more mature can carry out less energetic tasks. The message is that everyone will be made warmly welcome, and good fun is guaranteed. All volunteers working at the event will receive free meals, clothing and the opportunity to see top class badminton free of charge.

Application forms for this major event can be found on the BADMINTONscotland website www.badmintonscotland.org.uk in the Volunteer section, or by contacting the Volunteer Hotline 0141 445 1218.

For more information about this exciting event, see the Official 2007 Sudirman Cup website: www.badmintonscotland.org.uk/sudirman07.

## Can you help?

### VOLUNTEER OPPORTUNITIES

■ East District Minute Secretary  
For the above vacancy please contact Colin Kennedy email: colin.kennedy22@btinternet.com

If you would like to post any volunteer opportunities in the next edition of Splash News please contact Eilidh McCall, Volunteer Development Manager on e.mccall@scottishswimming.com