

## RETURN TO WATER

We are delighted to see that many of our Clubs have now returned to their respective Pools. During the Pool closures, many Swimmers utilized the Open Water and immersed themselves in the Atlantic Ocean and the numerous lakes in the Connacht Region. Swimmers from as young as ten right up to 80 were taking part in the Open Water Swimming Programs throughout the Province. This was an introduction to Open Water Swimming for those who were first time Sea Swimmers. Lots of Swimmers braved the elements over the course 6-8 weeks to improve their skills. Lots of friendships were forged and memories made.

## ONLINE TRAINING

The Swim Ireland Education Department are offering a wide range of online courses that can be completed in the comfort of your own home. Courses are available in the following areas; Teaching, Coaching, Safeguarding, CPD, Technical – Officials and Team Management. All courses and CPD workshops are delivered by trained Swim Ireland Tutor Assessors and be accessed through Swim Ireland.

## CONNACHT SWIM MEETS

The COVID-19 pandemic has disrupted the domestic competition calendar and as we begin the 2020-21 season and under current circumstances our Region is unable to run October 2020 Development and Qualifying Meets as 'actual' meets. It is now proposed that 'virtual' meets will take place in the immediate future in advance of proposed Regional SC Championship in Castlebar on the 13th to 15th November. These virtual meets will be internal events within clubs and provide opportunities for young swimmers to experience race events while other swimmers may be seeking qualification times for the Regional SC Championships.

## SWIM MEET CALENDAR

Date	Event	Venue
October	Virtual Meet (development and Qualifying Meet Combined)	
Nov 13 <sup>th</sup> – 15 <sup>th</sup>	Connacht SC Championships	Lough Lannagh Castlebar
Dec 17 <sup>th</sup> - 20 <sup>th</sup>	National Winter Championships	National Aquatic Centre

## CLUB CLUSTER CLINICS

From the 1<sup>st</sup> of October there will be a monthly online session focussed on a technical aspect of our sport. This Technical Theory Webinar (aimed at 9-12 year old age group athletes and their coaches) will replace the Coaching Practical Session component of the Club Cluster Clinics and will highlight the importance of a technical aspect of swimming and discuss best practice around this topic.

## COVID-19 CASE ACTION PLAN

It is really important that everyone knows what to do if developing COVID-19 symptoms or receiving a positive test.



For detailed Return to Water guidance see the <https://www.swimireland.ie/returntowaterguidance>



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