

The Purpose of a Swimming Web Portal for Sri Lanka: An Analysis

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Abstract. Swimming is a world-popular physical activity that integrates arm and leg actions with natural flotation of the body. This is an excellent stress reliever because it releases endorphins, which give a sense of well-being and happiness, and ANP, a stress-reducing hormone. In Sri Lanka, the majority of people are doing swimming as a sport, and some are willing to do this. Most people don't know how to swim, where they can learn, how to find a certified coach, or what they should wear when swimming. The objective of this paper is to identify the problems that occur when swimmers find certified coaches, the nearest pool, and the swimming equipment shops. This research was conducted using both qualitative and quantitative data. This mainly focuses on the survey conducted to the swimmers via a google form using social media platforms as well as interviewing some of the leading swimming coaches in Sri Lanka to identify their perspectives on this study. According to the survey, mainly identified the problems that the responders faced, and the interview mainly focused on the exact coaches' experience and qualifications. To overcome these issues, this research paper proposed a web-based swimming portal for Sri Lankans who are swimming. This includes the previous techniques used for the web portals and the main strategies that can be added to the swimming portal. In the future, this portal can be implemented for diving, lifesaving, surfing, synchronized swimming, underwater diving, and water polo.

Keywords: *Swimming, sport, certified coach, web-based*