

Stratford Divers

The Newsletter for Stratford Upon Avon Sub Aqua Club



Issue 8 | September 2020

Committee Bits

It has been a busy month for diving, with lots of trips running after many months of lock down. Thanks from the committee to all those that have arranged trips in these incredibly challenging times. The level of perseverance and determination to make it happen is noted and on behalf of the whole club, we are grateful to you.

We ran two trial try dives last week (using some willing young guinea pigs) which gave us a framework to safely return to running try dives and introducing people to our sport. There is a long backlog of keen people so make sure to say hi to any nervous looking strangers at the pool side.

The pool has been up and running for a few weeks now and seems to be working well. The swimming lane has been reintroduced and we will start charging the £3 pool fee from this week. Please note that card payment is preferred but we will take cash, cheque, buttons...whatever you have. See you there!

Car Parking

If you need to renew your leisure centre car park permit please contact Chris Butterfield. Permits need to be renewed annually. Don't risk a penalty notice!

Trips Highlights

Greece

Hilary and Miles took early advantage of the easing travel restrictions and travelled to Greece for what sounds like some remarkable diving experiences. A full trip report is on the website so make sure to check it out.

Scalloping trip

Some club members took both our club boats out scalloping and also to ensure the boats are working and safe. The good news is that the boats are fine and the group that went will be eating scallops for the next few months.



COVID Reminder

It's still here...and we really don't want to be locked down again. In the football club, please don't loiter at the bar, they are too polite to say anything, but we shouldn't be standing there. In the pool please stay outside while you wait. We cannot go poolside until the sharks are out. Also, please do not come to the pool if you are not swimming or training, we are not allowed spectators.

Lundy Island

Angie's ever popular trip to Lundy was a tough one to organise this year and I know there were some touch and go moments and some date changes, but everyone had a great time and there was some superb diving.

The Isles of Scilly

It is hard to imagine what else could have come up to make this trip hard to organise. As if the pandemic was not enough, they had to contend with one of the worst storms to hit the UK in August for many years.



Full trip reports with more pictures can be found on the website (once they are published).

Please remember - If you are planning any trips either at UK sites or abroad YOU MUST let Angie know and please ensure that dive logs are submitted when you are back.

Pool sessions run each Thursday between 8pm & 9pm at Stratford upon Avon Leisure Centre

Cost is £3.00 payable on the night

After the pool we meet at Stratford Football Club for drinks

September 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
20 th Sep	Fun Dive TBC	Simon Watkins	Approx. £20	Yes	Ocean

October 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
18 th Oct	Stoney Cove Fun Dive	Simon Watkins	Approx. £20	Yes	Ocean
31 st Oct	Halloween / Fireworks	Ellen Rowe	TBD	Yes	Open to all

November 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
1 st Nov	Scapa Flow	Alastair	Contact for cost	Yes	Sports Diver
15 th Nov	Stoney Cove Fun Dive	Simon Watkins	Approx. £20	Yes	Ocean
21 st Nov	Christmas Lights	Ellen Rowe	TBD	Yes	Open to all

December 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
12 th Dec	Christmas Party	Ellen Rowe	TBD	Yes	Open to all
20 th Dec	Stoney Cove Fun Dive	Simon Watkins	Approx. £20	Yes	Ocean

General Instructions

We will not be permitted into the pool until the sharks have left and we will need to exit the pool to ensure that we are totally out of the building by 9:15 at the absolute latest.

We should not be waiting in the reception area, so please wait outside. For instructors, please hold briefings outside, or better still before you even get to the pool so you can minimise the face to face chat before we go in.

Please do not come to the pool unless you are swimming or training (or working in the equipment cupboard). We are not allowed spectators, the viewing gallery is closed off and we have to limit numbers at the pool.

Where possible:-

- Arrive in your swimwear. Clearly you can wear normal clothes over them, nobody is expecting budgie smugglers or banana hammocks to be paraded across the car park, but you should be able to get ready for your swim poolside and not use the changing rooms at the start of our session.
- Arrive with your kit assembled as far as possible. If you do have to set up kit, please use the whole pool edge rather than just the area by the shallow end to ensure we can maintain distance between members.
- Please pay by contactless card if you can, we want to minimise cash handling.
- Wash your hands or use a sanitiser on arrival and on exit of the leisure centre.
- Changing rooms can be used at the end of each session if needed, but please try to ensure we are out in good time to allow cleaning of the cubicles.

It is essential that:-

- You stay away from the pool if you or any member of your household has had symptoms of COVID or if you or anyone in your household has been contacted by NHS track and trace.
- You follow current guidelines for mask use in the leisure centre – masks are not required at the time of writing.
- You bring a solution for demisting your mask, no spitting is permitted.

When you arrive make sure you are registered with whoever is on the club welcome desk. If any of us falls ill, we need to know who to contact.

We will have a theoretical limit of members in the pool, but we don't think we will get close to it based on historical numbers. If you have never used the pool in the past, but suddenly feel the urge to jump in please let Alastair know so we can manage numbers if needed.

Pool Layout

The swim lane is back, but please follow social distancing guidelines. Regular pool rules apply..no kissing or smooching.

In the stamina lane, please note:-

- Members should avoid crowding at the ends for a rest or a chat.
- The board was removed because everyone knows what they are doing. If you are new to the stamina lane and need some ideas as to what to do let the pool marshal know and they can put it back...alternatively you can follow and copy someone else...from a safe distance.
- Members in the stamina lane should keep moving where possible without pausing between lengths. If you need a break, step out of the pool for a few minutes.
- As always, movement is clockwise and try to leave adequate gaps between each user.

Training

Priority will be given to members currently in training. All instructors MUST make sure that they have read and understood BSAC's post COVID training guidance, particularly re AS.

For instructors, please consider the following:-

- Try to hold your briefing for the session virtually prior to arriving at the pool.
- Arrive with clean, dry kit fully assembled as far as possible.
- All dry runs should be performed in full kit, in shallow water with masks on and regs in.

- As far as possible, use signals instead of talking.
- Do not share regs, for example the instructor should not take an octo that the student will later use.
- No rescue breaths to be performed except for couples (we do not expect that all trainees must inter marry in order to progress, but if you happen to already be a couple then you are good to go).

Casual SCUBA

We are a SCUBA club, so we don't want to limit Scuba in the pool, but at least for the initial few weeks we would ask that casual SCUBA is kept to a minimum to allow us to focus on the trainees. If you have an urgent need to test some kit for an upcoming trip then please do go ahead, but if you just want to check that your reel is still 40m long, please consider doing this in your garden.

Equipment

Any equipment that you are using in the pool should not need any special cleaning after use. The chlorine is sufficient to destroy the virus if it is present. If in doubt, submerging any equipment for a minimum of 30 seconds in the pool will make it safe.

In general: -

- Absolutely no sharing kit.
- Where possible please bring your own kit and minimise the need to use equipment from the cupboard.
- Instructors, please take your kit home with you and where possible please do not store it in the cupboard.
- The equipment officer will make sure that all borrowed kit is either submerged in pool water for a minimum of 30 seconds prior to use at the start of the session and before storage.
- The equipment officer will wipe all surfaces, pillar valves and handles with a disinfectant wipe prior to storage.

Summary

As expected, the first few weeks have gone well and any little uncertainties were overcome and we worked through it.

Useful Information

Huge thanks must be given to Chris Hastie for pulling out the pertinent bits from what is probably thousands of pages of fluff on the subject of COVID and swimming. There is lots of reading material out there for anyone interested in this, see below for some suggestions. In the highly likely event that you will not want to read all this, I would suggest speaking to Chris if you have questions.

1. Government guidance for providers of grassroots sport and gym/leisure facilities:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

2. Swim England guidance on returning to the pool:

<https://www.swimming.org/swimengland/pool-return-guidance-documents/>

3. Jim Watson (BSAC Safety and Development Manager) on getting back to the pool

<https://www.bsac.com/news-and-blog/getting-back-to-pool-diving-and-training/>

4. BSAC Pool guidance: <https://www.bsac.com/document/swimming-pool-guidance/>

5. BSAC Equipment guidance: <https://www.bsac.com/document/equipment-guidance/>

6. BSAC training guidance: <https://www.bsac.com/document/diver-train>