

Stratford Divers

The Newsletter for Stratford Upon Avon Sub Aqua Club



Issue 12 | January 2021

Committee Bits

Happy New Year to all members and your families. I hope you had a relaxing break and that you got some enjoyment from this very strange Christmas.

There is a lot to be optimistic about this year. We already have a very impressive number of trips either booked or in the planning stage, we have a supportive group of active members and we have two vaccines being rolled out. As I write this we are heading into a new lockdown, but I very much hope that we can get through this and look forward to getting back to the pool and getting out to the water again as soon as possible.

While we wait for the world to get back to some kind of normality, if you need anything at all please let me know. We have many members willing to help and I have no doubt that any request for aid will be met with a queue of willing volunteers.

On behalf of the committee, I wish you all a very happy, healthy and fun 2021.

Thursday Night Pool

At the risk of stating the obvious, the pool is closed to us for the time being. I cannot say when our Thursday night sessions will return to normal, but we will of course let all members know when we have some news. For those booked on trips, your trip organiser will communicate any news once it becomes available.

Club News

Christmas Party

Thanks go to our new events officer, Kirsty, for organising the Christmas Quiz, Treasure Hunt and Awards ceremony. Since we were unable to meet up for our Christmas party, a virtual meet up was out next best option. The quiz was won by Angie and Rob and the treasure hunt was won by Andy Dale. All prizes have been sent out so please let me know if you have not received yours.

Mince Pie Dive



Huge thanks go to Sally for organising the ever-popular mince pie dive. Stoney in December has become a part of the Christmas build up for me, and from the excellent turn out it seems that I am not alone. The viz was great and the socially distanced Christmas snacks were enjoyed by all. I think the diver in the picture is Chris Bradbury and I am not sure who to give credit to for the pic...sorry!

2021 Awards

The awards give us the chance to recognise those that have gone above and beyond in service to the club and it is a great shame that we had to do this virtually this year. 2020 was a hard year and the winners truly made the most of what was on offer both to develop the club and their own diving. The 2020 awards went to the following members.

Diver of the year Steve Delaney

Novice of the year Kate Inman

Committee award Jon Arthur

Expedition award Sally Richards

Wettest Diver Miles Howarth

The Jacques Cousteau Book is passed from member to member. Last year's custodian, Andy Bacon, has passed it on to Mark Jeffrey.

Congratulations once again to all winners, it was very well deserved, and we thank you for your contributions to the club.

Congratulations

Congratulations to John, Aleks and Ben for successfully completing their Ocean Diver lectures. I hope to see you at the pool working on the practical skills again soon.

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

Date	Event	Organiser	Cost	Spaces Available	Minimum Diver Grade
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MAY 2021					
TBC	Lundy Version 1	Angie Deaves	TBC	No	Sports
3rd	Plymouth	Andy Bacon	TBC	Yes	Ocean
31 st	Plymouth	Andy Bacon	TBC	Yes	Ocean

JUNE 2021					
11 th – 18th	Red Sea	Hilary Wilson	Contact	Contact	Contact

JULY 2021					
3 rd – 10 th	Isles of Scilly	Andy Bacon	Contact	Contact	Sports
9 th – 12 th	Farnes	Sally Richards			

AUGUST 2021					
TBC	Lundy Version 2	Angie Deaves	TBC	No	Sports
30 th	Plymouth	Andy Bacon	TBC	Yes	Ocean

I am updating the events Calendar format so it is easier to manage and update each month. If you have a trip that is not listed above please could you send me the details so I can add it on.

Alastair.manning@gmail.com or 07394 404855

September 2020 Update

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 9:10 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 has limited seating.

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.
- Please download the NHS track and trace app if you have not already.
- 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 temporarily removed to ensure we can comply with COVID regulations.

In the stamina lane, please note:-

- Members should not crowd 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>