

# Stratford Divers

The Newsletter for Stratford Upon Avon Sub Aqua Club



Issue 13 | February 2021

## Committee Bits

January has been a rather bleak month, with some fairly horrible weather. That alone would limit the diving done, but combined with a national lockdown it really has been a month to forget!

As mentioned at the AGM, we have used the very generous donation from David Williams' estate to purchase a new resus dummy. The as yet unnamed chap is embracing lockdown but hopes very much to meet you all at the club soon.



## Thursday Night Pool

It goes without saying that the pool sessions are still off until further notice. At this stage we cannot even make a guess as to when normal or even partial pool sessions will return but as always, we will let all members know as soon as we have some news to share.

## Club News

### Easy Fund Raising

For those of you that dabble online shopping, please consider looking at [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk). It allows online retailers to make donations to our club when you purchase from them. There is no extra cost for us, the donation comes from the retailer so all you need to do is shop as normal. We have trialled it for 3 weeks and raised £17 between just 2 active shoppers.

### Instructions

To use easyfundraising.

Follow the link below to visit our club fundraising page.

[www.easyfundraising.org.uk/causes/stratforddivers/](http://www.easyfundraising.org.uk/causes/stratforddivers/)

You will be asked to create an account, just follow the instructions.

You will be asked to add a donation reminder. This adds a little reminder to your web browser that tells you which sites will donate to our cause. It is not intrusive but it is optional.

Once you have your account, if you have the reminder you can shop as normal. If you choose not to have the reminder you will need to shop through the easyfundraising site.

### Where can we shop?

Easy fundraising is supported by a very wide range of retailers so take a look at the website.



The percentage we receive varies between sites, normally 0.5 – 1.5% per purchase.

So far I have not seen any difference in the products available or the price offered, it really does seem like easy money for doing very little.

If you would like a call to help set this up on your PC, please let me know (Alastair 07394 404855) or Jay.

**Thanks go to Jay for highlighting this scheme.** It has huge potential to raise funds at no cost to us.

### Trips 2021

Clearly it is not possible to tell which trips will be going ahead right now. Your trip organiser is the best person to go to with questions about each trip and they will share any info as it becomes available.

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 <sup>st</sup>	Plymouth	Andy Bacon	TBC	Yes	Ocean

JUNE 2021					
11 <sup>th</sup> – 18th	Red Sea	Hilary Wilson	Contact	Contact	Contact

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

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

September 2021					
9 <sup>th</sup> – 19th	Sharm el Sheikh It may be possible to join for 1 week only rather than the full 10 days.	Sophie and Chris	TBC	Yes – Contact Sophie and Chris for details	Ocean
30 <sup>th</sup>	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](mailto: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>