

Stratford Divers

The Newsletter for Stratford Upon Avon Sub Aqua Club



Issue 14 | March 2021

Committee Bits

The recent news that shows a path out of lockdown and a return to some normality is very welcome. I know that some of you have already received vaccinations or at least have your appointments. We are also starting to receive some positive news regarding some trips.

While it is too early to say with any certainty that we can look forward to some Spring diving, there certainly is a growing air of optimism around. As soon as we get any clarity on what we can and cannot do this year we will let all members know.

You will note that Angie has sent out some notices from BSAC regarding dive fitness. As the news of a return to diving broke, I did happen to glance down and my own mighty belly and realise that perhaps I should take this seriously. I urge everyone to check out the BSAC website for some suggestions on preparing for our return to the outside world.

Thursday Night Pool

Our return to our regular pool nights seems closer now than it has for many months, but we cannot give a definitive date quite yet. Currently, we cannot be sure what pool nights will look like and what activities we will be able to offer. As soon as we get any confirmation from the leisure centre and football club, we will let you all know.

Operation Fix Jack's Heart



Most of you will know Jack from his time as an active instructor, from trips or from our Thursday night pool sessions. In early 2021 Jack found out that he has a congenital heart condition commonly known as hole in the heart. This puts him at a higher risk of stroke and has put a temporary stop to his diving. For those who do know Jack, you will know that diving is his life and

he has been totally committed to his development as a diver and instructor. The surgery needed to correct this condition is not available on the NHS as a preventative procedure, so Jack is raising money to pay for it to be done privately. This fundraiser has already raised a very significant sum but more is needed.

Please take the time to check out his GoFundMe page [here](#) or search for Fix Jack's Heart on the Go Fund Me website. If you prefer to donate directly then please contact either Jack or Kirsty directly. Jack has dedicated a lot of time to diving and to the club. On behalf of us all, we wish Jack every success with this and we hope to see you back in the water soon.

Easy Fund-Raising Update

Last month we covered the easyfundraising site. We have 6 members signed up and we have raised nearly £30 with no effort at all. Do check out the scheme site and sign up if you can.

www.easyfundraising.org.uk/causes/stratforddivers/

The Human Diver

SAVE THE DATE! March 11th we will have a guest speaker present to us via zoom. It will be a good way to get back into the mood for diving and looks like it will be a very interesting subject. More details will be sent out over the coming weeks.

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					
21st-23rd	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

September 2021					
9 th – 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 th	Plymouth	Andy Bacon	TBC	Yes	Ocean

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>