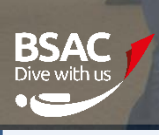


# Stratford Divers

The Newsletter for Stratford Upon Avon Sub Aqua Club

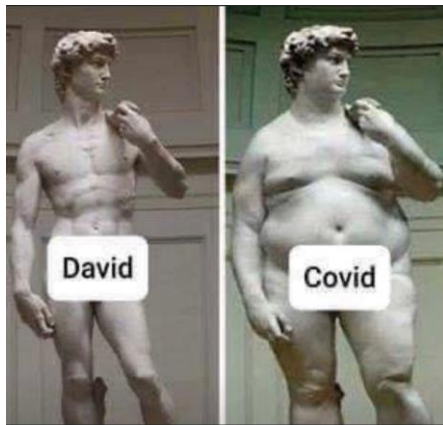


Issue 7 | August 2020

## Committee Bits

After many months of lockdown we are finally able to get back to the pool and the club. There are numerous changes we need to make so please make sure you have read the special instructions for pool use included in this newsletter. It really is important that we act responsibly and adhere to the guidelines, the last thing we want is for the pool to shutdown again.

Personally, I have not handled working so close to a fridge very well and the temptation to snack has led to some undesirable physical changes. I look forward to working this off in the pool over the coming weeks.



## Stories

As dive trips restart, please feel free to send short reports or stories for inclusion in the newsletter. The more you send, the less I have to make up!

## Farne Islands Trip July 2020

It was touch and go as to whether Sally's trip to the Farne Islands would go ahead with COVID casting doubt over the feasibility of the logistics until the last minute, but thanks to Sally's unwavering tenacity and the determination of the divers to get in the water, the trip went ahead and was a huge success. We were lucky to have some very close encounters with playful seals on many of the 8 dives we completed. Dive sites included Gun Rock, The Pinnacles, Big Harcar, The Hopper, the wreck of the Abyssynia on Knivestone and a superb dive at Whirl Rocks.



In the evenings there was plenty of food and refreshments with most business having found a work around for the anti-virus restrictions. We managed to eat at pubs, forage for take away food and even cremate some sausages on a beach BBQ so we did not go hungry. Lee, our skipper and owner of Farne Diving Services was excellent. Thanks to Sally for organising the trip and Jon, Angie, Rob and Chris & Sophie Hastie for making such a memorable and enjoyable long weekend. (Photos courtesy of Sophie)

## Sewage

Thanks to Paul Stoodley for sending a link to a "Stop raw Sewage" petition run by surfers against sewage. Most of us would prefer to avoid those little brown fish when we dive, so why not take a look at what they do. <https://www.sas.org.uk/endsewagepollution/>

## Football Club

The football club is open for post pool drinks, it will be good to see you there (from a safe social distance). Note that we are no longer allowed to loiter at the bar and we will need to be conscious to maintain a little distance at the tables. No snuggling or canoodling allowed.

**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**

## August 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
14 <sup>th</sup> Aug	Lundy (date changed)	Angie Deaves	Contact	No	Contact
22 <sup>nd</sup> Aug	Scillies Expedition	Andy Bacon	Contact for cost	Contact	Contact

## September 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
5 <sup>th</sup> Sep	Chinese Night	Ellen Rowe	TBD	Yes	Open to all
10 <sup>th</sup> Sep	Pembroke	Peter Neal	Contact for cost	Contact	Ocean diver
19 <sup>th</sup> Sept	Sharm Egypt	Hilary	Full	Full	Full
20 <sup>th</sup> Sep	Stoney Cove Fun Dive	Simon Watkins	Approx. £20	Yes	Ocean

## October 2020

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

## November 2020

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

## December 2020

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

August 2020

### General Instructions

Our intention is to start as simply as possible and build up activities as we become more familiar with the new operation of the pool. With this in mind, we will not be running any try dives initially.

We will not be permitted into the pool until the sharks have left and we will need to exit the pool by 8:50pm to allow for cleaning between sessions. To facilitate this, please try to arrive as close to 8pm as you can to avoid any groups waiting in the foyer. Also, please aim to finish your swim or training in plenty of time to allow you to be away from the poolside by 8:50pm.

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.
- 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**

To ensure we comply with guidelines we have had to remove the swim lane for the short term. We will reinstate this as soon as practically possible. The stamina lane will be widened to ensure the stamina folk can maintain social distance.

In the stamina lane, please note:-

- Members should avoid crowding at the ends for a rest or a chat.
- A board with the nights stamina workout routine will be placed at the deep end of the pool. Members can use the board to follow a set work out, or do a different routine if they wish.
- 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**

This is new territory for us all. We are all sensible folk so I have no doubt at all that we will approach this strange new way with patience and forbearing. I have no doubt that the first few weeks will throw up some challenges, but we will adapt and make it work. If you have any suggestions as to how we could improve the pool sessions then please do let me (Alastair) know, we will aim to update this guidance as we learn and as national guidance changes.

## 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>