

# Stratford Divers

The Newsletter for Stratford Upon Avon Sub Aqua Club



Issue 10 | November 2020

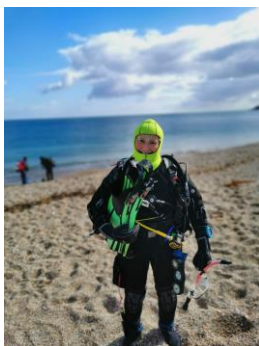
## Committee Bits

October saw the last committee meeting prior to the AGM. I would like to thank the whole committee for the work they have done this year as well as all members for continuing to support the club through a very difficult year.

In November we will hold a virtual AGM and we would like as many to attend as possible. We will endeavour to keep it short and punchy because online meetings are a little tortuous. We want it to be as accessible as possible so if you still need some technical tips, please let Alastair, Chris B or Steve Delaney know.

## Babbacombe

A small group of divers were planning to dive from the ribs from Plymouth in October, but high winds stopped that from happening. A few of them decided to take a chance on some shore diving from Babbacombe and were rewarded by what turned out to be a very nice weekend.



## New Members

### Aleksandra Fjeringstada

I recently moved to Stratford-Upon-Avon for work and got encouraged to try diving by a friend. I did a try dive and am so happy I did. I am now a member and really looking forward to getting my Ocean Diver qualification so I can attend the weekend trips. In my free time, I enjoy writing short stories and poems. I am also building up to doing my driving test this November. Wish me luck! I am fond of travelling and the attached photo is from a trip to Australia I did last year.



I am really looking forward to meeting everyone. Feel free to say hello :)

### John Tuck



I moved up from London 11 years ago and have never looked back! I will try anything once (almost anything) although if anyone is going to have an accident or break a bone you can be sure it's me. Huge footy fan and love a good social. I'm super excited to be joining and looking forward to meeting everyone

We are also very pleased to welcome Ben Summerfield to the club. A bio for Ben will be included next month. Do take time to say hi to our new members when you see them, from a distance.... remember not to mingle!

## COVID Reminder

There are no changes to the COVID guidelines for the pool or club. Thank you to all members for continuing to respect the rules that both the club and pool have in place.

## Dive logs

Once more a reminder that all divers MUST inform Angie that they are diving and please please submit dive logs promptly...preferably legible ones.

<http://www.stratforddivers.co.uk/events/>

Pool sessions run each Thursday between 8pm &amp; 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

## November 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
1 <sup>st</sup> Nov	Scapa Flow	Alastair	Contact for cost	No	Sports Diver
22 <sup>nd</sup> Nov	Stoney Fun Dive	Sophie	Approx £20	Yes	Ocean

## December 2020

Date	Event	Organiser	Cost	Spaces Available?	Minimum Diver Grade
18 <sup>th</sup> Dec	Mince Pie Dive	Sally Richards	Approx. £20	Yes	Ocean

Note – I will start adding the 2021 Dive Calendar from next months Newsletter

## 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>