

Turtles Swimming Club Newsletter



Established 1964

Well Done Jordan!



Congratulations to Jordan Mason who has now qualified as a Level One Swim Teacher (Teaching Aquatics). Jordan has been a very conscientious pool helper for some time so it was no surprise when she successfully obtained her qualification. Well done Jordan, and thanks once again for giving up your time to help the Turtles!

Please note, that there will be no Highgrove Swimming Session on Saturday 30th September.

The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool in Ruislip, the club meets every Saturday between 5pm and 6pm.

Important! Emergency Evacuation Procedure

Unfortunately, we have had 2 pool incidents in successive weeks at our Saturday swim sessions.

We regularly arrange pool evacuation drills so that you all know what to do in the event of an incident or emergency. The pool evacuation drill can be viewed on the Turtles Website and is represented below to remind you all of the procedure that we need to follow.

The first week turned out to be a false alarm but the siren on the second occasion represented a genuine pool incident requiring the pool staff to enter the water and invoke the emergency procedures. In such circumstances it is important that all other swimmers vacate the pool and stand at the designated assembly point. The lifeguards rushed to the scene of the incident and left their observation points. Had there be an unfortunate second pool incident at that time then we would have been without support. That is why in such circumstances members are instructed to vacate the pool the minute that it is established that there is a genuine emergency.

Your co-operation is necessary for your own safety. When the alarm is raised, respond quickly and follow the instructions that are being communicated.

Pool Evacuation Procedure

(in the event of an emergency or sounding of the alarm)

- *On hearing an alarm, all swimmers are to make for the nearest poolside and wait in the water for further instructions*
 - *A recognised Turtle helper will go to the First Aid Point where the pool lifeguards will be assembled and await instructions from the pool duty manager.*
 - *The pool duty manager will advise what action is to be taken.*
 - *If necessary, swimmers will exit the water and leave by the exits as directed by the pool lifeguards to the outside assembly points.*
 - *All able bodied members should give assistance as directed by lifeguards or Turtle helpers, or as required and be aware of swimmers who might need help to exit the water.*
- Turtles helpers should liaise with lifeguards at all times.*

Turtles Invitation Gala

Saturday 30th September 2017 5pm for 5.20

Hillingdon Sport & Leisure Centre, Gatting Way,
Uxbridge

We need help in providing the buffet for after our gala.
Please let Alison know if you would be able to help provide
any of the following on the day of the gala. Thank You.

(Alison's mobile number is 07900 118812)

<i>Sandwiches</i>	<i>Chicken Nuggets</i>	<i>Sausages</i>
<i>Sausage Rolls</i>	<i>Cheese and Onion Rolls</i>	<i>Individual Cakes</i>
<i>Chocolate Biscuits e.g Penguins</i>		<i>Individual box of Raisins</i>
<i>Salads or Fruit (such as sliced cucumber /carrots/ cherry tomatoes /grapes)</i>	<i>Individual packets of crisps</i>	<i>Individual carton Drinks</i>

Anything else you think may be suitable for swimmers after the gala.

Help Needed

We also need volunteers to help with the running of the gala — so please let Nigel or Alison know if you are able to help.

It takes a team of 25 volunteers to host a gala:

Referee, Announcer, Starter, Check Starter, 3 Place & Touch Judges, Chief Timekeeper, 2 Timekeepers, Whip, Runner, 2 Recorders, 2 Team Managers, Scoreboard, Presenter of Medals, Raffle, Catering Lead and at least 3 for Catering Support.

Car Parking at Hillingdon Leisure Centre

Car parking at the Hillingdon Leisure Centre is very expensive, especially for non-Hillingdon residents who do not have a Blue Badge. So we have again secured parking in a private car park belonging to Uxbridge College. The car park is on the right hand side as you travel along Gatting Way towards the centre. We will mark the entrance with a Turtles sign – there will be no parking fees in this special car park for the evening but if you choose to park in the Leisure Centre car park, be sure to pay and display.

Turtles Club Policies

The Committee has reviewed the club policies to ensure that they are up to date and reflect the needs of the club, the Highgrove management and best practice. The next two policies that have been updated are listed below for your attention.

Equity Policy Statement

Turtles Swimming Club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

'Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society'

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

If you have any comments on any of the policies, please inform a Committee Member

All of the Turtles Club Policies can be viewed on the Turtles Website

Draft 2017 AGM Minutes can also be viewed on the Turtles Website via the News Index Page

Turtles Club Policies — Volunteers' Code of Conduct

Turtles swimming Club recognises the valuable contribution our volunteers make to the weekly swim sessions.

Volunteers will be required to provide reference details prior to their formal induction.

Volunteers must;

At all times adhere to the rules of Turtles Swimming Club and Highgrove Pool (or the Leisure Centre in use in the case of competitions.)

At all times adhere to the Turtles' Child and Vulnerable Adult Protection Policy.

At all times adhere to the Turtles' Equity Policy.

Consistently display high standards of behaviour.

Consider the wellbeing and safety of participants before performance.

Develop an appropriate working relationship with participants based on mutual trust and respect.

Treat all swimmers with respect and dignity, value their worth and treat everyone equally recognising their needs and ability within the context of the sport.

Encourage and guide swimmers to accept responsibility for their own behaviour and performance.

Treat all information of a personal nature about individual swimmers as confidential.

Encourage all swimmers to obey the spirit of the rules and regulations both in and out of the pool.

Never encourage or condone swimmers, volunteers, officials or parents to violate the rules of the club or the sports and report any violations appropriately.

Any behaviour difficulties from swimmers should be referred to a senior swim teacher.

Treat all competitors and other club teams with respect, whether that is in victory or defeat and encourage all team members and fellow club members to do the same.

Never exert undue pressure on participants to obtain personal benefit or reward.

Areas of development for swimmers will be approached in a positive constructive manner (Verbal or physical reprimands are never acceptable).

All volunteers will ensure they treat other volunteers with the courtesy and respect they deserve for giving up their time for the club.

Distance Swimming Badges

Congratulations to Hanna and Farrah Hussein who have both obtained their 10 Metres distance badges.

If you would like to try for a distance badge, please let Peter Horne (pictured with Hanna & Farrah) know.



Turtles Invitation Gala
Saturday 30th September 2017
Hillingdon Sport & Leisure Centre
Gatting Way, Uxbridge



We will be entering 2 Turtles Teams in this year's 'home' gala.

If you wish to participate, please let Dave Lee know by Saturday 9th September.

Turtles Diary Dates	Tuesday 5th September	Turtles Committee Meeting
	Saturday 30th September	Turtles Invitation Gala No Saturday swim session at Highgrove
	Tuesday 3rd October	Turtles Committee Meeting
	Saturday 14th October	Stevenage Dolphins Gala



Turtles Swimming Club is a Registered Charity
 Charity Number 1055545
 Established 1964

Chair
 Alison Grey

Secretary
 Andy Wallis

Turtles email:
turtlesswimming@yahoo.co.uk

Turtles website:
<http://www.ruislipturtles.org.uk>

Thank you to the organisations and individuals who support the Turtles



Friends of Ken



Combined Charities of Ruislip



Four Wheels Uxbridge Rotary