



# RUISLIP TURTLES SWIMMING CLUB

**APRIL 2021 NEWSLETTER ISSUE 135**

RUISLIP TURTLES SWIMMING CLUB IS A REGISTERED CHARITY NUMBER 1055585

RUISLIP TURTLES IS A HILLINGDON GOLD STANDARD CLUB



## **On your Marks...Get Set.....**

**Could it be that we will finally be returning to the pool?**

**Well we certainly hope so, but it will be a tricky task to manage but we can now at least publish our provisional plans.**

**We have held an initial 'Zoom' meeting with the managers of Highgrove who will be supporting us through these challenging times.**

**There is still a lot to work through, and things may well change before our scheduled return, but we have included in this newsletter some of the answers to our questions from our initial catch-up with Highgrove.**

**We will have to be very cautious with a gradual return even once we have got through the initial few weeks, it will be quite a while before we can envisage the sort of pool occupancy that we once enjoyed, but one step at a time, and we will let you know how we are progressing as we get closer to the key opening dates.**

**We will shortly be closing our old Turtles Facebook page due to recent changes at the club, but we have launched a new Facebook page and we request that you join the new site in order to receive updates. The new site can be found at:**

**<https://www.facebook.com/groups/239441714565996>**

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

## Getting back in the Pool

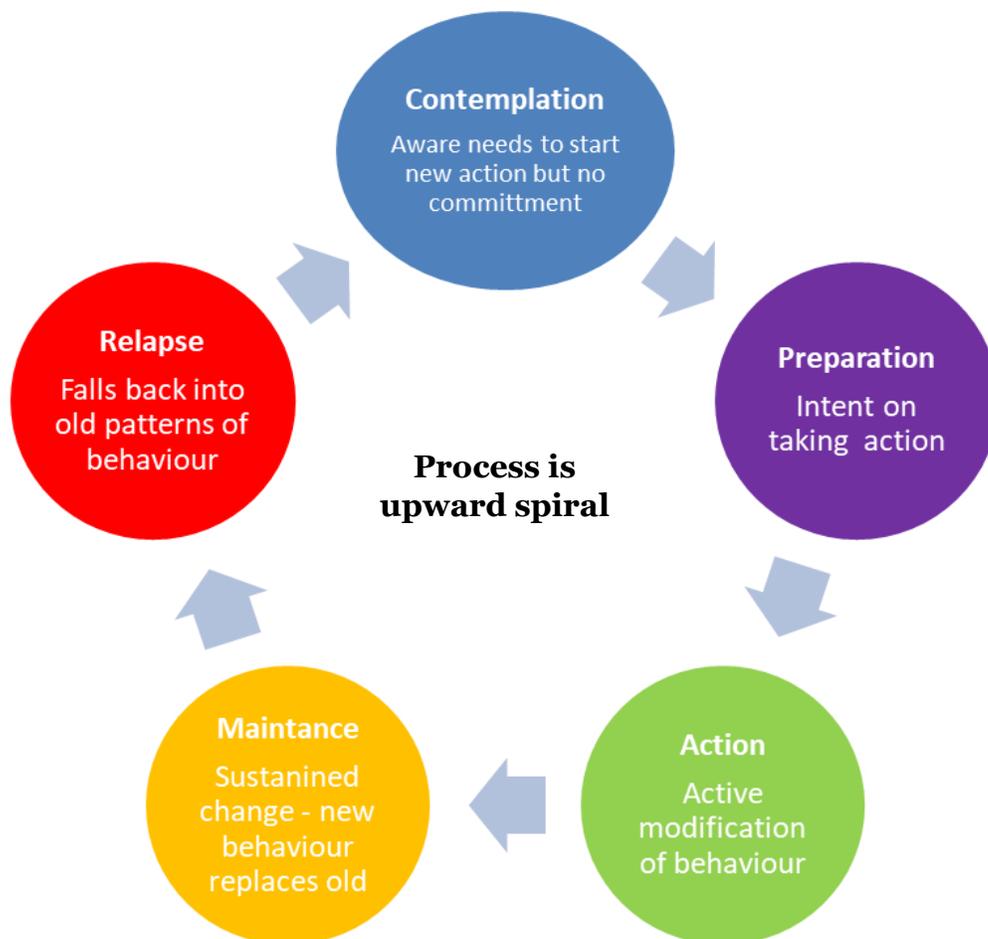
Psychologically you may think getting back into the pool will be easy and that you will be able to just pick up where you left off pre-pandemic. However, all our fitness levels will have been affected by the pandemic and we will have to gradually rebuild these back up in the water, over time.

Even the professional athletes are rebuilding their fitness levels in the pool before being allowed to enter competitive racing. For the 800m races, coaches & swimmers have been advised to have at least 8 weeks of continuous training to restore stamina before competing again.

Of course, you could feel very anxious about returning to the pool.

Typically, we may all go through the cycle below (see diagram) and would need to change our behaviour from a covid-19 staying at home to regularly swimming again.

### Stages of Change



## Why return to swimming? What are the benefits?

If you are contemplating returning to swimming, or following a return suffer a relapse, then consider the following benefits of swimming to get your mindset back on track and on that upward spiral:

**Endorphins** – are released when you move your body in the pool and this will help relieve stress & pain. Endorphins have the same effect as taking opioids medication.

**Dopamine** – is released and that plays a role in how you feel, think, and focus. It motivates you to repeat positive behaviour and rewards you for beneficial social interactions.

**Oxytocin** – is released and a wave of oxytocin increases your trust and boosts your confidence

Like music can affect the brain so can water affect the body

Dedicated swimmers develop a greater lung capacity over time

“Immersion in water forces your diaphragm to work harder, thus making your lungs more elastic over time”

*Source: Lazovic-Popovic et al (2016)*

## ‘Get Your Free Certificate’

For all members returning we will be giving out a ‘welcome back certificate’. If you would like to feature in the next newsletter send us a photo, to the Ruislip Turtles e-mail address of you with your certificate.



## Our Return to Saturday Swimming

It will not be possible to invite all our members back at the same time. Instead we are proposing a gradual return , subject to agreement with Highgrove Pool and obviously subject to change. Below is our current plan.

### Poolside Plan

We intend to open up the main pool with our usual setup of training area and lane swimming.

Initially, we will invite members who swam lengths unaided before the Covid break, to come back in the first phase of our opening plan.

We will swim assess all members, one at a time. Members will be asked to swim a width across the shallow end of the pool near the handrail. A Level Two Teacher will support by walking alongside on poolside and make an assessment on the member's ability. If assessed as competent, we will ask the member to swim a length of the main pool accompanied by another Level Two Teacher (or Highgrove Pool assessor). If successful, the member will be free to swim in one of the other lanes. If unsuccessful, we will be asking the member to swim in the training area (widths across the pool) until they build up the necessary strength to try out a length again at a later date.

### Our Proposed Timetable for return to the Pool

| Date                                  | Main Pool   | Small Pool  |
|---------------------------------------|---|---|
| 22 <sup>nd</sup> May 2021             | Gala Team members only  | Closed  |
| 29 <sup>th</sup> May 2021             | Gala Team members<br>Members who swam to the deep end without floatation aids.<br>Only the above members  | Closed  |
| 5 <sup>th</sup> June 2021             | Gala Team members<br>Members who swam to the deep end without floatation aids.<br>Only the above members  | Juniors & non-swimmer members invited back from 5:25pm in the small pool only |
| 12 <sup>th</sup> June 2021            | Gala Team members<br>Members who swam to the deep end without floatation aids.<br>Only the above members  | Juniors & non-swimmer members invited back from 5:25pm in the small pool only |
| 19 <sup>th</sup> June 2021            | Gala Team members<br>Members who swam to the deep end without floatation aids.<br>Only the above members  | Juniors & non-swimmer members invited back from 5:25pm in the small pool only |
| From 26 <sup>th</sup> June 2021 (tbc) | Gradual return tbc.<br>Main Pool open to all, juniors invited back to training area of the main pool equipment and belts will hopefully be available. | Gradual return tbc.<br>Small Pool open  |

## **Swimming Assessment**

As part of your return to the pool our helpers and teachers will be there to support you. We will be swim assessing everyone who returns to ensure we are compliant with Highgrove's Covid 19 and safety procedures. To be clear, we will be swim assessing ALL members, including ALL adults, one at a time. We will also be inviting the club to return in sections as we will be limited with capacity due to covid, we may have to introduce a booking system.

We will be swim assessing gala swimmers in the first week. Second week we will be inviting swimmers who swam pre-covid to the deep end of the main pool, with no flotation support. We will not be using the trolleys with our equipment. But you are more than welcome to bring your own equipment and water bottles.

Currently, the plan is for the small pool to be closed for the first two weeks following our return.. From the week of the 5<sup>th</sup> of June, the small pool will be open to non-swimmers and juniors from 17:25 onwards. We will not be using our equipment trolleys. There will be no belts or swimming toys available. However, if you would like to bring your own that's ok.

In the main pool, we will have a seating area on poolside for those that want to take a break and the training area in the shallow end will also be available for gala swimmers & swimmers who swam lengths but require to swim widths until stamina for a length is regained.

We ask all members to respect the lifeguards, teachers and helpers. If they ask you to take a rest or direct you to an area of the pool then please follow their advice for your safety and the safety of others around you. If you feel unwell at anytime please let a lifeguard or helper know and find a safe place to stop and take a rest. Remember to take it easy. Remember that after one year off from swimming, we are unlikely to have the same stamina / ability that we had before the break.

Also provided in this newsletter is a Q&A of our meeting with Highgrove and the Autism Swim Motivational Chart.

**[Have you joined the new Ruislip Turtles Facebook Page?](https://www.facebook.com/groups/239441714565996)**

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## **Answers to questions about returning to the pool:**

Questions appear in blue, responses from Highgrove in red and our subsequent comments in purple. We will provide updates as issues become clearer.

**What will be the journey through the centre? Usual entrance? One-way system? Will the exit be the same as the entrance?**

**Entrance will be via the ramp / slope in the car park-with direct access to the teaching pool area / poolside.**

**Exit will be via the exact same way.**

**Only the club will be in both pool areas.**

**Will the changing rooms be operational, or will the changing be at poolside? Is it ok to take towels to poolside (for those waiting to swim / resting?). Will the showers be available?**

**Changing will be on poolside but appreciate some of your clients may need to use the changing places changing room- this will be open for the club to use. Club will have to put a system in place to monitor and keep COVID secure for your users.**

**Benches around poolside can be used to place personal belongings of the users.**

**Main changing room facilities will not be accessible to clubs., only the disabled cubicles by poolside.**

**Please note, we have subsequently applied for special dispensation (provided under the Government guidelines) for the changing rooms and showers to be made available for our sessions. We would all need to sanitise the area we utilise before and after use, so please bring your sanitising sprays and wipes with you. We will update once agreed.**

**Will the lift and hoist be operational?**

**The lift will be operational, however, exit/entrance for the users will be via the slope but should anyone need to use we can work out a reasonable adjustment .**

**The hoist will be operational but will need to be sanitised before and after use.**

**Will members be required to wear face masks around the facility?**

**Yes—to and from the poolside area.**

## **Answers to questions about returning to the pool (Contd.):**

**Will there be sanitising stations around the facility?**

**Clubs are responsible for providing sanitisers and ensuring all the touch points are cleaned after each use. For example the hoist will need to be sanitised after each use as well as hand rails on entrance and exit to the pool.**

**Will the viewing gallery be open for family members?**

**No viewing gallery.**

**Will the toilet facilities be open near poolside? Will we need to inform a lifeguard after they have been used for cleaning purposes?**

**Toilets in changing places and directly outside will be open.**

**Toilets are checked and cleaned on a regular interval.**

**Do not need to inform lifeguard.**

**Will the windows & doors be open for ventilation on poolside?**

**Windows and doors are closed on poolside. However, the system in place is COVID secure.**

**What is the maximum bather load for the individual pools and should there be lane swimming?**

**We need to decide this in consultation with Highgrove, but will also be subject to the number of helpers we have for a session.**

**Emergency evacuation procedure:**

**How has this been affected by Covid?**

**We have our own internal COVID Secure systems in place .**

**How will we manage socially distance on exiting of pool?**

**This will be down to the club to manage and organise .**

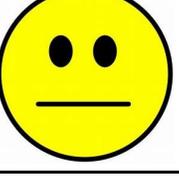
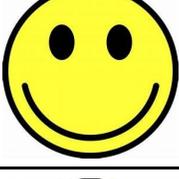
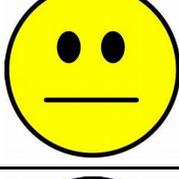
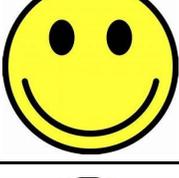
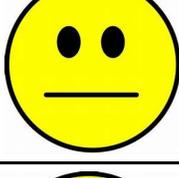
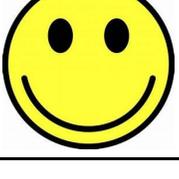
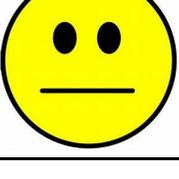
**How will Assembly points be managed?**

**In any emergency our priority is to get people out of the building as safely as possible. The assembly remains the same however, the club marshals will need to assist.**

## Helpful Motivational Guide from 'Autism Swim'

Autism Swim, an Australian swim school uses the following guide 'How did I think I did today' to help motivate swimmers. Parents & Carers may find this tool useful after their first session back.

### How did I think I did today?

|  |  |
|--|--|
| <i>I followed Instruction</i>  |          |
| <i>I tried really hard</i>   |          |
| <i>I was brave and tried something new</i>                                   |          |
| <i>I asked for help when I wasn't sure</i>                                   |       |
| <i>I listened when my Parent/ Grown up/ Carer was talking</i>                |    |
| <i>I took some deep breaths when I was feeling stressed</i>                  |    |
| <i>I was proud of myself</i>   |    |
| <i>What was the one thing I learned today?</i>                               |  |
| <i>What's the one thing I am looking forward to next time I go swimming?</i> |  |

## **Membership Subscriptions**

It is great to be finally returning to the pool after such a long closure. Sadly, the financial future for all community clubs is now uncertain following the pandemic and Ruislip Turtles Swimming Club is no exception to that uncertainty.

We have always relied heavily on donations, grants and local fundraising and it is likely that the landscape for such activity is going to be much tougher for a few years.

We have therefore looked at how we can generate more internal funds from our operations and the links to Easy Fundraising and Smile Amazon are included again in this newsletter. Just by searching and purchasing through Smile Amazon (rather than the usual Amazon search) and by then selecting Ruislip Turtles as your nominated charity you will raise additional funds for our club at no extra cost to you. Similarly, on-line searching and purchasing through Easy Fundraising will generate funds for us.

At present, our annual membership subscriptions stand at £8 for a disabled member or child and £16 for adults / carers / family members. We will be retaining the above rates for 21/22, but we will be increasing the subscription rates to £10 and £20 with effect from 1st April 2022.

We have always tried to encourage disability swimming by keeping subscriptions to a bare minimum. The chart below puts this increase in context as this is only the third increase to the subscription rate since 1993. It is ten years since the last increase, and membership represents tremendous value for money.

We understand that times are hard and that the pandemic may have hit some families far harder than others. So, if you are experiencing financial hardship, please make the Assistant Secretary (Bijan) on the front desk aware, and he will arrange for you to speak with the Treasurer (Rosemary) so that we can find a way for your continued participation with the Ruislip Turtles.

| <b>Date</b>     | <b>Disabled / Children Members</b> | <b>Adults / Carer / Family Members</b> |
|-----------------|------------------------------------|--|
| <b>1/4/1993</b> | <b>£5</b>                          | <b>£10</b>                             |
| <b>1/4/2006</b> | <b>£7</b>                          | <b>£14</b>                             |
| <b>1/4/2012</b> | <b>£8</b>                          | <b>£16</b>                             |
| <b>2021/22</b>  | <b>£8</b>                          | <b>£16</b>                             |
| <b>1/4/22</b>   | <b>£10</b>                         | <b>£20</b>                             |

## SUPPORTING THE RUISLIP TURTLES

We have been looking at ways to raise funds for the Ruislip Turtles and below are two schemes whereby you could help raise money for our club at no cost to you, just by purchasing via Smile Amazon or Easyfundraising.



Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for Ruislip Turtles Swimming Club with **easyfundraising**?

There are over 4,000 shops and sites on board ready to make a donation – including eBay, Argos, John Lewis, ASOS, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds. All you need to do is:

1. Go to : [Ruislip Turtles Swimming Club Fundraising | Easyfundraising](#)
2. Join up and every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, the retailer will make a donation to Ruislip Turtles Swimming Club at no extra cost to you whatsoever!

There are no catches or hidden charges and Ruislip Turtles Swimming Club will be really grateful for your donations. Thank you for your support.

**Raise FREE donations** for us every time you shop online.

Over **4,000** shops and sites will donate!



# smile.amazon.co.uk

You shop. **Amazon gives.**

Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support your charitable organisation by starting your shopping at smile.amazon.co.uk

**Link for members to sign up:**

[smile.amazon.co.uk: You shop. Amazon gives.](https://smile.amazon.co.uk)



**Support  
Ruislip Turtles  
Swimming Club**

When you shop at smile.amazon.co.uk,  
Amazon Donates

Visit [smile.amazon.co.uk](https://smile.amazon.co.uk)

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## **Could You Become a Turtles Helper or Teacher?**

Have you thought about becoming a Turtles Helper or Turtles Swim Teacher? We are always open to new volunteers to help the club. Our current volunteers vary in both age and experience. We have teachers who have come from previous projects like the young helpers scheme (e.g. Jordan and Pippa). To those in their retirement years looking to give back something to society (e.g. Don, Dave & Linda). Or perhaps you have a family member at the club (e.g. Cheryl & Peter).

### **Why become a Helper or Swim Teacher?**

Swim teaching is a very flexible profession and most take it up to fit around busy lifestyles.

It can suit anyone from the young looking for their first job, to those in retirement, to parents of kids of school age looking for work in between the school hours. Some benefits are listed below:

**Fits around school, college and university hours**

**Bestows responsibility that future employers of any profession would recognise**

**Good first job that is rewarding as you will be teaching a life skill**

### **How we can help you at Ruislip Turtles?**

**At 14 years of age you can start helping us, under the supervision of a Ruislip Turtles Swim Teacher**

**At 16 years of age & with 6 months of 'Helper' attendance (It doesn't have to be every week) Turtles will contribute to your swim teaching qualification. We use our fundraising to pay for this.**



## Being a Helper or a Teacher at Ruislip Turtles



Play games & have fun in the water and teaching the fundamentals of swimming.

Give demonstrations & help with equipment.



Smile, be a friend, and motivate.  
That could even be a thumbs up.

Help out with our events: Like setting up the activities for our Christmas Fun session, Drowning Prevention Week or our Galas



**Ultimately help every one of our members reach their full potential from the social aspect, water safety, having fun or helping them learn to swim.**

**Come & speak to us to find out more or check out our website.**

|   |  |                                     |
|---|--|-------------------------------------|
| <b>Chief Instructor:</b><br>Cheryl Lee    | <b>Secretary:</b><br>Heather Johnston                              | <b>Club President:</b><br>Dave Lee  |
| <b>Gala Team<br/>Manager:</b><br>Dave Lee | <b>Deputy Secretary :<br/>(reception desk)</b><br>Bijan Ghorbanian | <b>Treasurer:</b><br>Rosemary Noyes |

**Ruislip Turtles New Facebook Page**

<https://www.facebook.com/groups/239441714565996>

**Ruislip Turtles Website:**

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

**Turtles email:**

[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

**Turtles  
Swimming  
Club  
Established  
1964**

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

**THANK YOU TO  
THE  
ORGANISATIONS  
AND  
INDIVIDUALS  
WHO SUPPORT  
THE TURTLES**



**TURTLES  
SWIMMING CLUB**

**Hillingdon  
Council**



**Waitrose**

**Eastcote Methodist Church**

**Tesco**

**ASDA**

**Ruislip  
Combined  
Charity**

**IBB  
Charitable  
Trust**