



Turtles Swimming Club Newsletter

No Swim Session on Saturday 15th September

There will be no regular swim session on Saturday 15th September at Highgrove because all our volunteers will be at the Turtles Invitation Gala at Hillingdon Leisure Centre, Uxbridge.

2018 BRITISH LONG DISTANCE SWIM

According to the published results of the BLDSA Postal Swim, the Turtles did not win any Gold Medals this year.

By our calculations, we were expecting 4 Gold Medals and so we have queried the results with the BLDSA.

We have not had a response thus far, but hopefully we will hear something soon.



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 meets every Saturday between 5pm and 6pm

Chair:

Alison Grey

Chief Instructor:

Cheryl Lee

Secretary:

Andy Wallis

Turtles email:

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

Turtles Website:

**[http://www.
ruislipturtles.org.uk](http://www.ruislipturtles.org.uk)**

IMPORTANT HEALTH & SAFETY MESSAGE

Over the last few weeks it has been brought to our attention by Highgrove staff that several incidents have taken place during our sessions that are contrary to the pool's operating procedure (regulations). The rules can be viewed @

<https://www.better.org.uk/swimsafetyrules>

For the vast majority of our members this will not impact your swimming at Turtles Swimming Club in any way. However, we would like to highlight one rule in particular:

UNDER 8s AND ALL NON-SWIMMERS MUST REMAIN IN THE SHALLOW WATER

You may have noticed this message is displayed poolside and we have a duty to enforce this rule with all our members.

If you are in any way unsure whether you should swim in the deep end please speak to Cheryl (our Chief Instructor) in the first instance, or a member of Turtles Committee if she is unavailable.

As a committee we will be discussing how our developing swimmers (over 8 years old) will be able to demonstrate their ability to swim in the deep water and will communicate our plans with you as soon as we can.

Thank you in advance for your cooperation and support in this matter.

IMPORTANT SAFETY REMINDERS

We would also like to take the opportunity to remind you of some of the basic safety rules that we operate under during our sessions:

1) When the pool alarm sounds all members in the pool must make their way to the side of the pool, follow the direction of the pool staff and volunteers and exit the pool quickly if advised to do so. No member should re-enter the pool until advised to do so.

2) The small pool can not be in operation unless a lifeguard is present, so no member should enter the pool until a lifeguard gives permission.

Likewise at the start of the swim session in the main pool, no member should enter the pool until advised to do so by the lifeguard or senior instructor for that session.

3) There should be no diving or persistent jumping in the pool. Instructors may allow jumping in when in the course of a lesson in order to promote safe practices. Adult members may jump in to the water on first entry but only where it is safe to do so.

4) There should be no running on poolside at any time.

5) Carers should remain within arm's reach of the person they are looking after in the pool.

6) If you are a weak swimmer or tire easily after a few lengths an appropriate buoyancy aid should be used.

7) Although you are not legally obliged to inform us of changes to your medical condition, we strongly advise that you do. Please let a member of the Turtles Committee know of any changes. This is particularly pertinent to Epileptic conditions.

Thank you in advance for your cooperation.

TURTLES GALA SQUAD

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ORGANISATIONS AND
INDIVIDUALS WHO
SUPPORT THE
TURTLES

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Several of our younger swimmers have passed their 17th birthday and so they are now classified as 'Seniors' leaving our Junior team very depleted.

The situation is compounded for the Turtles Invitation Gala because all five of our remaining Juniors are not available on the 15th September.

So we are looking for Junior Turtles between the age of 8 and 17 to supplement the current junior squad. Please make either Dave or Nigel aware if someone in your family would like to have a trial on September 1st or Saturday 8th September.

Our 'home' Invitation Gala is always a sensible introduction to gala swimming.

CURRENT GALA SWIMMERS FOR THE 15TH

The following swimmers will be participating in the Turtles Invitation Gala:

Ladies—Tillie, Shaida,
Sophie & Jeannette

Men— Don, Terry, Gary,
Anthony, Jamie, Charlie,
Ian Andrew, Antony and Josh

Juniors—Nil

So for our Invitation Gala we currently we have 4 Ladies,
9 Men but no Juniors.



TURTLES INVITATION GALA

Saturday 15th September 2018 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)

Sandwiches

Chicken Nuggets

Sausages

-Sausage Rolls

Cheese & Onion Rolls

Individual Cakes

Chocolate Biscuits e.g Penguins Individual box of Raisins

Salads and/or Fruit (such as sliced cucumber /carrots/ cherry tomatoes /grapes)

- Individual packets of crisps

Individual carton drinks .

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

We will be entering 2 Turtles Teams in this year's 'home' gala competing against other clubs in our region.



There will be no Highgrove swim session on Saturday 15th September due to the Turtles Invitation Gala event.