

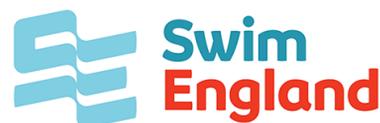


Welcome to our June 2020 Newsletter, with a focus on our much anticipated return to swimming and some of the changes that will need to happen to enable us to do so safely. We hope that you and your families are staying safe and well and we look forward to seeing you back at the pool in the not too distant future.

As always, if you have any suggestions on what to include in the next newsletter, please email (secretary@marlboroughpenguins.com). And, don't forget that the website is also fully up and running with lots of useful information and for up to date news feeds please follow @MPASC1958 on Twitter.

PREPARATION FOR RETURNING TO SWIMMING

We've been eagerly awaiting guidance from Swim England (SE) about a safe return to the pool and the resumption of the sport that we all love and miss so much. Swim England published its comprehensive guidance and recommendations on the 15th June. Since then we have been working through the various documents to determine what it means for our Club and the action we need to take as we follow the 5 stages for returning to swimming which Swim England has set out.



Sadly, the Prime Minister did not give a date when pools could re-open in his announcement on the 23rd June, so we do not currently have any clarity on when swimming can re-start. Although, pending government guidance, Marlborough College and Bath University have confirmed that they are planning to re-open from the beginning of September. We are waiting to hear back from the Leisure Centres at Marlborough and Pewsey as to their likely re-opening date. All pool operators have indicated that our pre-closure bookings will be honoured, but we must reiterate that we can only return if the government give the green light for them to re-open on these timings.

Whilst this may seem a way off, we are continuing to plan our safe return, so that we are ready for action when we finally get the green light to return to the water. One thing is crystal clear, as the Club is required to adhere to social distancing and strictly follow pool operator guidance, swimming won't be the same as it was! **As such, there are a number of changes that we will be implementing and we will need your support, as swimmers, parents and volunteers to work through this over the next few weeks, as well as when we return to the pool.**

1. As per SE guidance, the Club Committee has agreed to establish a small team comprising the Executive Officers (Chairman, Treasurer and Secretary) to collectively undertake the role of **Covid-19 Lead**. They will work very closely with our Head Coach, Welfare Officer and Committee members in planning our return to swimming. They will also work closely with the pool operators to ensure that swimmers, parents, teachers, coaches and volunteers are safe.
2. **Members Survey;** We will be sending out a members survey shortly. Please look out for this and respond by the deadline. This will help us determine demand for sessions, and allow us to complete a review of the Squads and Learn to Swim groups and make any necessary adjustments prior to returning to the pool. This may or may not result in a new Club timetable. Our Head Coach Richard Smith (email headcoach@marlboroughpenguins.com) will lead this work for all Squad swimmers, and Sara Allen (email sara17770@hotmail.co.uk) will lead for all Learn to Swim (width) groups. We will develop a plan that ensures our swimmers and poolside team can safely return to poolside.
3. **Health Survey and declaration;** We will also be sending out a health survey and declaration that needs to be completed before returning to the pool. As per SE advice, if these are not returned, members will not be permitted to swim.
4. We will have to adhere to the **social distancing requirements** of the Government, SE and pool operators. This is likely to include:
 - Rules for drop-off and pick-up in line with Safeguarding procedures
 - Use of changing room facilities. It is possible that we won't be able to use the changing rooms, so swimmers may need to come to the pool "beach ready"
 - One-way systems for accessing and leaving the pool
 - Pre and post pool activity being done at home
 - Lane capacity / lane ratios / Bather loads / Group capacity for Learn to Swim (widths) members
 - Learn to Swim teachers delivering lessons from poolside and remaining in the same teaching station using the same equipment which must be sanitized (submerged in the pool water) before and after each class.
 - Spectator areas. It's likely that there may be reduced capacity to observe lessons e.g. one parent/guardian is likely to be permitted



5. It is the Clubs intention to have **Covid-19 liaison officers** at all swim sessions when we return to the pool. Their role will be to ensure the practical implementation of social distancing and be on hand to help and support parents and swimmers at the pool. Without Covid-19 liaison officers in place, sessions will not be able to run. Please let us know if you would be willing to volunteer as a Covid-19 liaison officer by indicating this on the Members survey or emailing secretary@marlboroughpenguins.com.
6. Swimmers will **not be allowed to share any equipment** (including Hats and Goggles) and must **clearly label ALL of their kit**.
 - We are working under the premise that the Learn to Swim groups will continue to use the pool operators' equipment and the Club will ensure this is controlled during lessons so that equipment is not shared and sufficiently cleaned between uses.
 - For Squad swimmers, the equipment list can be found on the Club's web site <http://marlboroughpenguins.com/squads/equipment-kit-list/> and there is more information below. if you purchase equipment from Proswimwear the club will benefit from their cashback scheme. Click on the Proswimwear banner on our website.
7. **Risk Assessments**; SE guidance is very clear that Clubs must have in place suitable risk assessments for all activities before they return to swimming. Our Chairman Peter Seward will lead this important work.
8. And finally, prior to returning to the pool, we will be asking all swimmers (or their parents for under 18-year olds), volunteers and parents to clearly **read, understand, sign and adhere to a pre-swim briefing relating to Covid-19**. Without agreeing to this, we will be unable to let you return to swimming sessions.

We will continue to monitor Government (<https://www.gov.uk/government/organisations/public-health-england>) and SE's advice (<https://www.swimming.org/swimengland/>), and adjust our return to swimming plan as need be. We will continue to keep you updated on the work we are doing and would like to **thank you for your ongoing support**.

If you have any queries at all then please don't hesitate to contact:

Lynne Blunden – Treasurer – email treasurer@marlboroughpenguins.com
Tracey Mercer – Welfare Officer – email welfareofficer@marlboroughpenguins.com
Karen Heal – Club Secretary – email secretary@marlboroughpenguins.com
Rich Smith – Head Coach – email headcoach@marlboroughpenguins.com

COACH'S CORNER – HEAD COACH, RICH SMITH

I hope you are all continuing to stay safe and well. With lockdown continuing, I have been really pleased to see so many of you continuing to join our online training sessions. On Wednesday 1st July we will have completed 70 sessions; an awesome achievement! As I explained in the last newsletter, keeping fit over this time period will help your return to the pool, so if you haven't joined us yet and would like to, please just join in using the link that I send on email every week.

Just as important as staying physically fit, is staying mentally fit. As such, the club have agreed to fund a talk from a Sports and Exercise Psychologist for our Squad swimmers (half hour lengths and above). Hannah Stoyel recently spoke to the regional coaches and I would highly recommend joining.

Stay Safe and I hope to see you soon!



SAVE THE DATE! HANNAH STOYEL - FRIDAY 10th JULY 17.30



We are delighted to announce that **Hannah Stoyel** will be joining our squad swimmers and coaches for a special Zoom event on **Friday 10th July at 17.30**.

Hannah is a registered **Sports and Exercise Psychologist**. She is currently working with Swim England supporting coaches and swimmers on the talent pathway. Some of you may have seen Hannah on recent Swim England videos shared on social media.

This session will run approximately 45mins and is open to all our Squad swimmers – look out for the event invitation via Swim Club Manager in the coming week.

MARLBOROUGH PENGUINS SWIMMING CLUB NEWSLETTER: JUNE 2020



SQUAD SWIMMERS KIT BAG – ESSENTIAL FOR SAFE RETURN TO POOL

Within the guidelines that Swim England have issued for the safe return to the pool, they have issued guidance regarding swimmers' equipment.

- Where possible, swimmers should have their own **LABELLED** equipment and only bring what is required for that particular session. **Sharing of equipment is not permitted.**
- Personal equipment should be **cleaned with anti-viral wipes or solution** before and after use
- Individuals should **avoid handling other people's kit** and take their own kit home to clean after every session.

Head coach, Richard, has compiled a list of essential kit for ALL squad swimmers (half hour lengths and above)

- ✓ Water bottle – labelled, filled with water from home
- ✓ 2 Pairs of goggles
- ✓ 2 hats – preferably Club hats but not essential
- ✓ Kick board
- ✓ Pull Buoy – swimmers under 12 should use a 3 band “mini”
- ✓ Fins – preferably long blade fins but short fins will do
- ✓ Swim snorkel – front facing with purge valve
- ✓ Hand paddles – optional for under 12 swimmers, but essential for swimmers in Development Squad & above



CLUB KIT

The majority of members who ordered club kit earlier in the year should now have received it, or have chosen to receive it when we return to the pool. We are still awaiting delivery of micro towels and hats, but hope that these will be with us shortly.

In the meantime, we do have some spares for sale. Please contact Jane Hughes 25janec.hughes@gmail.com if you would like to purchase any of the items below. We hope to re-open the shop for personalised orders in September.

Item & Size	Cost
2 x Polo Shirts; J14 & J16	£21
1 x T-Shirt; J14	£19
4 x Mid Layer Tops; J12 (x2), J14, J16	£34
Micro Towels – <i>on order</i>	£20
Hats – <i>on order</i>	£6
2 x Unisex Shorts (Previous Swimzi design); Small, Medium	£18

