



KEEPING IN TOUCH

JUNE 2020

Welcome back to Training!!

It is with great pleasure that we are able to welcome our Members back to training at the ARC.

As restrictions are not totally lifted yet, we do have strict guidelines to adhere to. Each Member has been sent a copy of the process we are required to follow before, during and after training. It is also included below so please read this carefully before you come. These are slightly inconvenient but nothing we can't do to as a team to ensure everyone's safe health.

We have 56 Members so far this year. Remember that you need to be registered to train at official training sessions.

Here's the Drill...

Kingfisher Training Sessions During the COVID Pandemic

Kingfishers will follow the Australian and South Australian Government COVID-19 Regulations and Directives. We are also following the Swimming Australia National Guidelines for Restarting Club Environments which Masters Swimming Australia recommends, and the guidelines put in place by The ARC Campbelltown.

Training Times

- Monday and Friday 7.00 – 7.45pm, Saturday 10.00 – 10.45am
- 3 lanes available for Club training each session, 4 swimmers in 1 lane and 3 in the other 2 lanes
- Maximum of 10 Club members per session
- You must bring your own water bottle and training equipment. If you do not have any of your own equipment you may long term borrow an item of Club equipment
- There will be programs to follow which have been designed to gradually increase our swimming fitness

Booking a Training Session

You MUST book into a session beforehand. You cannot just turn up.

The Booking Officer is Ian Thorpe. Contact Ian by SMS, phone call or e-mail.(see details below)

Bookings open 7 days before the day. There is a cut-off time for bookings – 4pm on Monday or Friday and 4pm on Friday for the Saturday session.

We are limiting members to 2 sessions per week to give everyone an opportunity to train.

If you require to borrow an item of Club equipment please mention this in your booking so it can be available for you. However, if you don't feel well please consider the health and safety of your fellow Club members and do not come to training. Contact Ian so someone else can take your place.

Ian Thorpe
0428 604 347
iathorpe53@gmail.com

Training Session Cost

The cost of each session will be \$5 at this stage. If we have a coach it will be \$9. This can only be paid for by Multi Visit Pass (MVP). Cash will not be accepted. An MVP card (\$50 or \$90) can be paid for by EFT to:
TTG Kingfishers Masters
BSB 065-149
Account 10276194

Health Questionnaire

Prior to restarting training every member must complete Attachment 2 Health Questionnaire Covid-19 (May 2020). This has been emailed to you. Bring this to your first training session or return to the Secretary (1janice.gill@gmail.com). Masters Swimming Guidelines state that the Club must retain these records. This will be done in accordance with Masters Swimming Australia Privacy Policy.

Club Pool Deck Manager

The Club will have a nominated Pool Deck Manager at each training session. This person will have the Booking Sheet which will also contain your phone number and e-mail address. This will be the Contact Tracing Sheet which the Club must also retain.

The Pool Deck Manager will:

- Before entry to the pool, mark off each person and click (and distribute) their MVP card
- Get out of the Club bin any equipment to be borrowed. The bin or trolley will not be used at training.
- Organise who swims in each lane
- Put the program on each lane
- Is on pool deck all the time
- Assist any member who has health issues
- Ensure all swimmers leave the complex after 45 minutes

Arriving and Leaving a Training Session

Please arrive for a training session at least 10 minutes prior to the session.

Come dressed for swimming. ***The change rooms will not be available.***

The Club will be required to wait as a group out the front of the centre (maintaining physical distancing) before entering the aquatic area through a side door under the guidance of an ARC staff member. Once our session has finished you will be kindly asked to swiftly exit via a designated door.

The Club COVID-19 Liaison Officer is Helen Haberfield 0412 626 383 haberfieldh@gmail.com.

If you are confirmed with COVID-19 please immediately advise Helen.

Remember: 1.5m distancing.

Lots of Information but it's all pretty much what we're required to do at this time anyway so it shouldn't be hard to follow.

We look forward to seeing everyone soon!

A Lot has happened since the last Newsletter.

Maddi had to make a quick dash to the UK to be with her mother. Her Mum passed away peacefully on 16th February, and after the funeral had celebrated her life beautifully, Covid 19 took over. Thankfully, Maddi and Eric were able to get home on a flight that went nonstop from Heathrow to Darwin, then on to

Sydney and Adelaide – what a long flight- and then spent 2 weeks in isolation.

Rachel had her wedding plans dramatically reduced in the midst of the crisis and had a very small gathering of 5 guests. I guess it wasn't so intimate with social distancing keeping the 5 at arm's length. Unfortunately the newly wed's plans to return to the UK were postponed as well – Rachel will be leaving to join her husband (who had to start work) soon.

Congratulations Rachel and Paul

More Congratulations

Lauren Neumann welcomed little Riley Finn into the world on April 8th. I think you'll all agree he's a cutie and can't wait for us to be able to meet him soon.

*Congratulations Lauren and
Welcome Riley!*



Dry land Activities

Members have been busy trying to encourage other activities. Anita Blackmore introduced the Covid 19 Challenge which encouraged Members to record their activities which accrued points for the month. Well Done to everyone who participated – Anita was very impressed with your work!

Bernie Shears won for the Month of April, gaining the most points by doing an amazing

number of push-ups – *did* she go for quantity not quality?

Maddi took out the honours for May, for doing the most varied activities. Ask her *what* she was doing??

Looks the newsletter editors cleaned up!



Sunday morning bike rides have also been popular. These have been well organised by Bernie and Steve Shears. They generally do a loop from Carisbrooke Park, Salisbury at 9.30 am to a coffee stop at Mawson Lakes and back. If the weather is favourable and Eric has got his gas burner with him - we have had a BBQ back at the park. Bike rides will continue as long as people show up - so please let us know you're coming (via FB post, SMS Bernie 0428875353 or email) and meet us at Carisbrooke.



Beautiful weather on Sunday rides!

As pools slowly reopen, some of us have returned to training at various pools.

Thankfully the ARC is now open, and we should all be able to book into two sessions per week as things slowly return to normal. Please book in for your sessions ASAP as there will be room for everyone to train and we need uphold our commitment to the ARC or they will reduce our lane allocation.

For those who enjoy a coffee after training -the ARC café will be open from Saturday the 20th for take away items. Those swimming during the week get no coffee..



Upcoming Events

All Swimming events have been cancelled up to the present date. We are waiting on advice regarding whether Interclub 4, which is due to take place on August 24th will still go ahead. If things keep progressing in the positive way they are now we are hopeful it will go ahead. Interclub 4 is the relay meet which is great fun – and short swims so we should all be fit in time.

The State Cup scheduled for September 13th has not been cancelled.

Alice Springs Masters Games, which is a favourite event for many has been cancelled. It's likely the next one will be held in 2022.

The National Titles in Sydney have been rescheduled and will be held from September 30th–October 3rd, 2020.

The National Titles for next year are in Darwin and are scheduled for 30th April-4th May 2021.

Endurance 1000



When the MSA Branch was required to halt Club Training and Competitions, it included Endurance 1000 Swims in public pools also.

As we are now able to resume training – albeit on a reduced scale, we would like to resume the E1000 program.

We are waiting on approval from the National Office of Masters Australia to hear if we can resume and what changes to the format will be put in place.

However, if it is cancelled, we would like to continue running it as a Club event.

Watch this space once again.

Waterworld dates

The TTG Council is delaying making a decision on when they reopen Waterworld. They have different options to consider so we will wait to hear from Waterworld regarding summer training dates later this year – lets get through this cold weather first....

TTG Council Grant

In October 2019 we were the lucky enough to receive a grant from the Tea Tree Gully Council for \$1500. We have been able to purchase a new laptop computer and a hard drive. This makes the job of the Club Secretary much more manageable. Jan requires the computer to run the affairs of the club which include collating all our monthly meeting reports, taking minutes of all meetings, storing all correspondence and sending and receiving emails to keep our members informed on all events. Jan also puts together excellent slide

shows of our achievements for the Annual Presentation Dinner. I'm sure everyone knows how essential an up to date computer is – specially to make a voluntary position more pleasant. We certainly appreciate your hard work Jan and hope you enjoy using the new computer. Thank you TTG Council for making these grants available – and to Helen for applying for numerous grants on behalf of our club.



Covid Lipsticks

Maddi and Angela are concerned about Members getting together after a long absence and not being able to embrace each other. To keep social distancing rules, they purchased some social distancing kissing lips on a stick, like selfie sticks so that we can embrace each other from a 1.5m distance. If you wish to purchase some just let one of us know. They are available at the incredible price of \$1 for 1 or 2 for \$3.

Let's all embrace coming out of isolation!!!

Social Event

Tea Tree Gully Kingfishers are planning on holding a **“Come out of Isolation BBQ”** and a **“Farewell to Rachel”** on Sunday 5th July, a day after Rachel's birthday. It will be held at Golden Fields Reserve, Atlantis Drive, Golden Grove. Arrive shortly after 12 noon with chairs, picnic equipment, warm clothes and possibly knee rugs! Pray for rain to hold off on that day – the sunshine has been beautiful even on the chilly days. The Club will be providing meat for the BBQ. Please BYO Salad, vegetarian options, dessert, drink, plates and cutlery etc.

We have 9 Social Members and 57 Swimming Members so looking forward to seeing you all on the day. It's a large park so we can spread out. RSVP to Ange - angevas2@gmail.com



Newsletter editors: -
Maddi Edgley Smith
and Bernie Shears

