

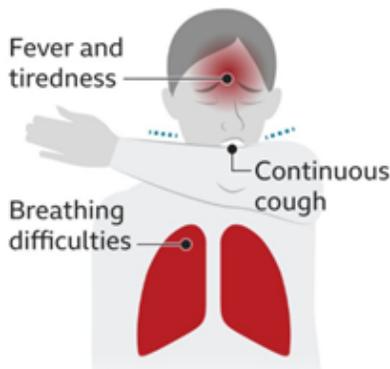
TURTLES SWIMMING CLUB IS A REGISTERED CHARITY NUMBER 1055585

Turtles Swim Sessions Suspended!

Covid-19—These are very worrying times for us all

The vast majority of our members fall into the ‘Higher Risk’ category and so we hope that you can all stay safe and experience a speedy, full recovery should you unfortunately contract this awful Corona Virus.

Reluctantly, we have taken the decision to cancel our Saturday Swim Sessions until further notice. We realise how important our sessions are to so many of you, but with so many needing to self isolate it is becoming increasingly clear that we do not currently have sufficient resources to support our many vulnerable members. We will be communicating to the membership by email and Facebook, as things change. **Please make sure that you are connected to the club on Facebook and that we have your correct email details so that we can keep you informed regarding future developments.**



If you have a new continuous cough or high temperature you should stay at home for seven days

Please make sure you are aware of the current Public Health England's Stay at Home Guidance for people displaying symptoms of Covid-19 - however mild.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus->

Stay safe Turtles—see you all ASAP!

**Happier Times...
March Turtles
Fun Session**





LIONS HANWORTH & FELTHAM GALA



Unfortunately, the above gala had to be cancelled due to the Covid-19 Pandemic. The Hatfield Platypus Gala is also postponed until October.

PROVISIONAL DIARY DATES-

(OBVIOUSLY SUBJECT TO THE CORONA VIRUS DEVELOPMENTS)

| | |
|-------------------------------------|-------------------------------|
| Turtles Diving Championships | Saturday 9th May (TBC) |
| Turtles Swim Championships | Saturday 16th May (TBC) |
| Turtles Annual General Meeting | Saturday 6th June (TBC) |
| Dolphins Stevenage Gala | Saturday 27th June (TBC) |
| Turtles Invitation Gala (Uxbridge) | Saturday 12th September (TBC) |
| Platypus Hatfield Gala New Date | Saturday 24th October (TBC) |

MEMBERSHIP GALLERY

This is the second in our series that focuses on some of our members who regularly attend the swim sessions but do not feature in the many gala lane photos.

If you would like your photo to feature in the Membership Gallery in the future, please make one of the Pool Helpers aware, or send a JPEG photo to the Turtles email account.



This month, take a bow Lavina, Danny, April, Paul, Ethan, Rory, Ryan, & Mary.



Cheryl's Chief Instructor's Section

2020 Olympics & Paralympics

2020 is an exciting year with the Olympics taking place (subject of course to Covid-19) in Japan. The Paralympic Games are scheduled to be held, in Tokyo, from the 25th of August to the 6th of September.

Turtle's Swim Club supports the pathway of aspiring Para-Swimmers, helping club members to learn to swim and then go on to achieve national success through this route.

If you are interested, and are a competent swimmer and fit the Para-criteria, we can point you in the right direction to the UK's Para-Swimming Talent Coaches. They will send out a 'tracker form' for you to fill in and return to them. Once the form is reviewed the Para-Swimming Talent Coaches will invite you to an ID Sessions at the London Aquatics Centre. These sessions take place once a month and are also run by volunteers, just like the Turtles.

We are often asked about Para-Swimming and we hope this article will give you a snapshot of information for those who either want to watch it on TV or take part.

History of Para-Swimming

Sport for athletes with an impairment really took off after World War 2, in 1945. The British Government asked Dr. Ludwig Guttmann to open a spinal injury centre at Stoke Mandeville Hospital. Part of the rehabilitation process was recreational sport and later this evolved into competitive sport.

On 29 July 1948, the day of the Opening Ceremony of the London 1948 Olympic Games, Dr. Guttmann organised the first competition for wheelchair athletes and named it, The Stoke Mandeville Games, a milestone in Paralympic history. They involved 16 injured servicemen and women who took part in archery. Source: <https://www.paralympic.org/ipc/history>

A short link below takes you through the history:

<https://youtu.be/aLOMJPSuLjU>

The Stoke Mandeville Games were later renamed the Paralympic Games. The first Paralympic Games were held in Rome in 1960. Para-Swimming was one of the eight original sports that featured at this event. The event has since taken place every four years and continues to grow:

Rome 1960 - 15 countries and 77 participants

London 2012 - 74 countries and 604 participants

In addition, the World Championships are also held every two years (Last one Malaysia 2019).

The sport has two Governing Bodies; International Paralympic Committee / World Para-Swimming

Classification Eligibility

Swimmers must meet the eligibility criteria for their medical condition to be recognised if they wish to follow the competitive Para-Swimming Pathway.

2020 Olympics & Paralympics Classification Contd.

The primary diagnosis must be stable and belong to one of the 10 eligible impairment types:

- Hypertonia (high muscle tone)
- Ataxia (involuntary movement)
- Athetosis (involuntary contraction of muscles)
- Limb deficiency
- Impaired passive range of movement
- Impaired muscle power
- Leg length difference
- Short stature
- Visual
- Intellectual

Classification Requirements

For a swimmer to be put forward for a classification assessment they must:

- Have an eligible impairment
- Be training a minimum of 3 times per week
- Be able to swim a minimum 50m of three strokes (freestyle, backstroke and breaststroke)
- Minimum of 5 recognisable strokes of butterfly (where the impairment permits)
- Be able to perform a front float and a back float
- Be able to rotate from front to back
- Be confident in deep water
- Complete a set of approx. 1k metres completing all the above strokes

Classification Swimmer Classes

- Classes S1-S10 are allocated to swimmers with a physical impairment
- Classes S11-S13 are allocated to swimmers with a visual impairment
- Class S14 allocated to swimmers with an intellectual impairment

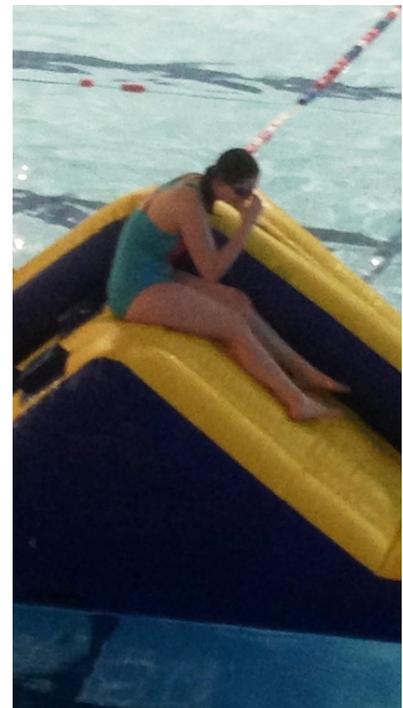
Prefix S, SB & SM

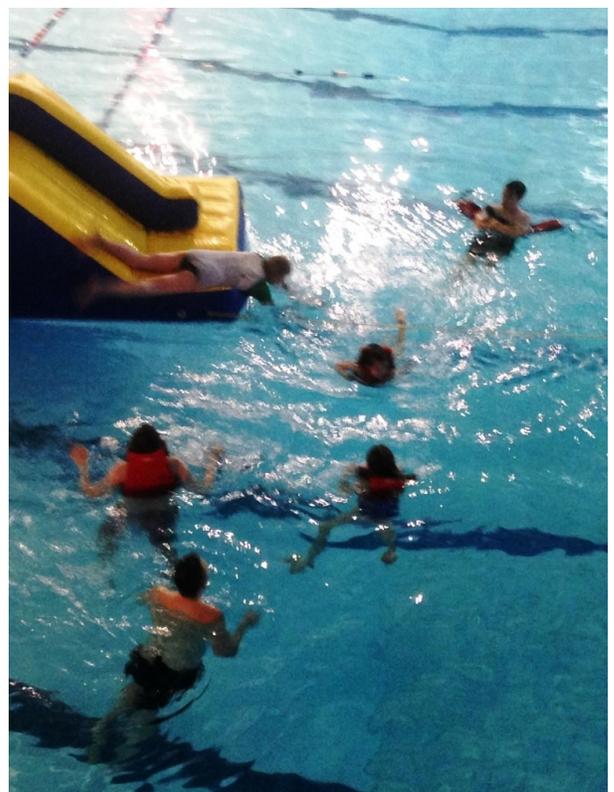
- S denotes the class for Freestyle, Backstroke and Butterfly
- SB denotes the class for Breaststroke
- SM denotes the class for Individual Medley

From a swimming perspective, we would always encourage you to watch the athletes on television and learn from them to improve your swimming. The underwater cameras are great for aspiring swimmers and teachers/coaches to see how the professionals tackle techniques such as Tumble Turns and Breaststroke Underwater phases. Sometimes, it is not clear to see these from within the pool or on the poolside. Of course, we would always ask you to follow your doctor's advice and to not over exert yourself. If you would like help with trying a swimming technique that you have seen, please ask one of our helpers/teachers and we would be happy to work with you to get you there.

We appreciate that not everyone will fit the Para-Criteria or might not want to commit to the requirements. That's why at Turtles we offer all our swim members who are competent swimmers the opportunities to take part in galas where you can compete against local swimming teams. The Turtles Invitation Gala is very popular and not just because of the good buffet spread that we are known to put on afterwards! Together with a local network of clubs, we hold galas for a wide range of disabilities utilising the NASCH handicapping system. So, all swimmers are given the chance to compete, win and feel valued. <https://www.paralympic.org/swimming>

HILLINGDON FUN SESSION 1ST MARCH







Turtles Swimming & Diving Championships 2020

The 2020 Club Championships will consist of 11 competitive events. There will be both one and three length events for Juniors, Ladies and Men. There will also be a Relay event for the Ladies, Men and Juniors. We also have The Novice Event (Young Children swimming one width of the pool).

We are also going to establish the fastest Turtle Helper for 2020 and then we have the Family Fun Relay to round off the racing.

The Diving event will take place at 5.40pm the previous week (9th May).

Saturday 16th May 5.30-7.00

| | |
|----------|-------------------------------------|
| Event 1 | Novice Race (Young Children) |
| Event 2 | Junior 1 Length |
| Event 3 | Ladies 1 length |
| Event 4 | Mens 1 Length |
| Event 5 | Junior 100 Metres (3 Lengths) |
| Event 6 | Ladies 100 Metres (3 Lengths) |
| Event 7 | Mens 100 Metres (3 Lengths) |
| Event 8 | Helpers 100 Metres Challenge |
| Event 9 | Relay Race (Men v Ladies v Juniors) |
| Event 10 | Family Fun Relay (4 lengths) |
| Event 11 | Diving Contest (9th May) |

As the Club Championships are scheduled to take place on Saturday 16th May at Highgrove Pool, our club swim session in the main pool will be limited to 30 minutes on that day (finishing at 5.30) and then we will commence with the Club Championships with a pool extension until 7pm.

Results will be announced and trophies awarded at the Club AGM on the 6th June.

There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year, Senior Improver of the Year and also the Don Lamb Shield for 'Services to the Turtles Swimming Club'.

Let Dave Lee know if you wish to take part in any of the above events

Actual dates subject to Covid-19 developments

THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

Waitrose

Tesco

ASDA

**Hillingdon
Council**



Eastcote Methodist Church

**Ruislip
Combined
Charity**

**IBB
Charitable
Trust**

TURTLES VOLUNTEER SWIM TEACHERS



**Chief
Instructor
Cheryl
Lee**



**Swim
Teacher
Linda
Clarke**



**Swim
Teacher
Jessica
Grey**

**Swim
Teacher
Don Lamb**

**Swim
Teacher
Dave
Lee**



**Swim
Teacher
Jordan
Mason**



**Swim
Teacher
Peter
Horne**



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

**Turtles
Swimming
Club
Established
1964**

Turtles Website:

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

Turtles email:

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

**Chair:
Alison Grey**

**Secretary:
Andy Wallis**

**Club President:
Dave Lee**

**Gala Team
Manager:
Dave Lee**

**Deputy Secretary :
(reception desk)
Bijan Ghorbanian**

**Treasurer:
Rosemary Noyes**