

Turtles Swimming Club Newsletter



Established 1964

Well Done Jeannette, Sophie & Tillie!

Jeannette Prentice topped the 2017 medal table by the finest of margins. Jeannette, Sophie Grey and Tillie Hewlett all won 12 medals during the 2017 season but Jeannette won 4 Gold Medals whereas Sophie and Tillie each won 3 Golds. But congratulations go to all 3 competitors for their fantastic performances. Congratulations to all 26 swimmers who represented the Turtles this season, winning a total of 125 medals and one gala trophy. The full medal table is displayed on page 2.

SOPHIE GREY



TILLIE HEWLETT



JEANNETTE PRENTICE



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.

Final Medals Table

	2017 Total	Gold	Silver	Bronze	Gala Events
Jeannette Prentice	12	4	6	2	9
Sophie Grey	12	3	5	4	6
Tillie Hewlett	12	3	5	4	7
Shaida Ghorbanian	11	1	7	3	8
Matthew O'Neill Cuadros	9	4		5	6
Don Lamb	9	3	2	4	6
Gary Lee	8	5	1	2	8
Oliver Regan	8	2	4	2	4
Josh Arends	7	3	3	1	4
Anthony Or	7	3	3	1	5
Jamie Woodbridge	6	2	2	2	5
Karen Hoffmann	4	1	1	2	5
Dominic O'Neill Cuadros	4	1	0	3	5
Charlie Laws	3	2		1	2
Geraldine Leong	3	1	1	1	2
Antony Laws	2	1	1		2
Soloman Goddard	2		1	1	3
Mark Bishop	1	1			1
Dave Lee	1	1			1
Gyllian Lucas	1	1			1
Terry Cheshire	1	1			1
Scarlett Regan	1	1			4
Shera Aurora	1			1	1
Essie Bodden-Bryan	0				1
Carl Richards	0				1
Brody Asquith	0				1
Totals	125	44	42	39	9

Turtles



Gala Team

Turtles Invitation Gala Team Result

Hatfield Platypus	66 pts
Stevenage Dolphins	65 pts
Ruislip Turtles A	56 pts
Ruislip Turtles B	53 pts
Potters Bar Barracuda	42 pts
Harrow Kingfishers & Ealing SC	40 pts
Enfield Venturers	33 pts

Stevenage Dolphin Gala Team Result

Hatfield Platypus	61 pts
Stevenage Dolphins B	60 pts
Stevenage Dolphins A	59 pts
Ruislip Turtles	49 pts
Harrow Kingfishers	33 pts
Enfield Venturers	14 pts

Turtles Invitation Gala Result

Saturday 30th September

- The Turtles entered 2 teams: 'Turtles A Team' and 'Turtles B Team'.
- The Turtles Invitation Shield was won by Hatfield Platypus, for the fourth year running.
- Turtles A Team finished 3rd and Turtles B finished 4th in a close contest. (See Page 2)
- 17 swimmers represented the Turtles.
- Congratulations to Gold Medal Winners: Terry Cheshire, Don Lamb, Tillie Hewlett and Turtles B Mens Relay Team (Gary Lee, Josh Arends and Anthony Orr).
- Silver medals were won by Tillie Hewlett, Jeannette Prentice and the Turtles B Relay Team (Sophie Grey and Tillie Hewlett)
- Bronze medals were won by Jamie Woodbridge, Oliver Regan, Gary Lee and Shera Aurora.
- Special mention for our 3 debutants: Terry Cheshire, Brody Asquith and Shera Aurora.
- Well done to our competitors, medal winners, volunteers and organisers.

Turtles A Team					Turtles B Team				
Event	Competitor	Submitted time	Time Taken	Pos.	Competitor	Submitted time	Time Taken	Pos.	
Junior 1 length	Shera Aurora	01:04	1.01	Bronze	Brody Asquith	02:00	1.17	6th	
Ladies 1 Length	Karen Hoffmann	00:30	0.33	6th	Tillie Hewlett	00:31	0.26	Gold	
Mens 1 Length	Terry Cheshire	01:15	1.13	Gold	Anthony Or	00:38	0.27	7th	
Junior 2 Lengths	Scarlet Regan	01:50	1.24	7th	Dominic O'Neill-Cuardos	01:23	1.45	6th	
Ladies 2 Lengths	Jeannette Prentice	01:12	1.44	6th	Tillie Hewlett	01:11	1.08	Silver	
Mens 2 Lengths	Don Lamb	01:36	1.29	Gold	Gary Lee	01:08	1.09	Bronze	
Junior 4 lengths	Oliver Regan	02:21	2.39	Bronze	Matthew O'Neill-Cuardos	02:14	2.00	6th	
Ladies 4 Lengths	Jeannette Prentice	03:35	3.41	Silver	Sophie Grey	02:12	2.27	6th	
Mens 4 Lengths	Jamie Woodbridge	01:56	2.06	Bronze	Josh Arends	01:58	2.21	5th	
Juniors 4x1 Relay	Shera Aurora, Oliver & Scarlet Regan & Solomon Goddard	02:44	2.27	7th	Dominic & Matthew O'Neill-Cuardos(2) and Brody Asquith	03:38	3.19	6th	
Ladies 4x1 Relay	Karen Hoffmann (2) & Jeannette Prentice(2)	02:54	3.06	4th	Tillie Hewlwt (2) & Sophie Grey (2)	02:14	2.16	Silver	
Mens 4x1 Relay	Don Lamb, Terry Cheshire, Carl Richards and Jamie Woodbridge	02:48	2.54	4th	Gary Lee, Anthony Or(2) and Josh Arends	02:12	1.58	Gold	
Diving	Oliver Regan	-		Silver	Sophie Grey	-		Bronze	

Stevenage Dolphin Gala Results

Saturday 14th October



- The Turtles finished 4th although just 12 points behind the winning team (Hatfield Platypus).
- Congratulations to Gold Medal Winner Anthony Or.
- Silver medals were won by Tillie Hewlett, Don Lamb and the Ladies Relay Team.
- Bronze medals were won by Jeannette Prentice, Karen Hoffmann and the Mens Relay Team.
- The Team results can be found on Page 2

The Stevenage Gala concludes another successful Gala Season.

Well done to the 26 swimmers who represented the Turtles across 9 competitive events throughout the 2017 season. We start again with the Hanworth & Feltham Gala in February 2018, so enjoy a good rest!

Event	Competitor	Time Entered	Time Taken	Pos.
Junior 1 length	Solomon Goddard	00:26	0.20	6th R
Ladies 1 Length	Jeannette Prentice	00:49	0.52	3rd
Mens 1 Length	Don Lamb	00:39	0.41	2nd
Junior 2 Lengths	Dominic O'Neill-Cuardos	01:41	1.29	6th R
Ladies 2 Lengths	Karen Hoffmann	01:13	1.18	3rd
Mens 2 Lengths	Anthony Or	01:01	1.04	1st
Junior 4 lengths	Tillie Hewlett	02:49	2.33	2nd
Ladies 4 Lengths	Shaida Ghorbanian	03:00	DNF	DNF
Mens 4 Lengths	Jamie Woodbridge	2.04	1.54	4th R
Juniors 4x1 Relay	Dominic & Matthew O'Neill-Cuardos, Tillie Hewlett & Solomon Goddard	01:57	2.05	4th
Ladies 4x1 Relay	Karen Hoffmann, Jeannette Prentice(2) & Shaida Ghorbanian	02:57	2.51	2nd
Mens 4x1 Relay	Gary Lee, Don Lamb, Anthony Or and Josh Arends	01:59	2.14	3rd
Mens Diving	Matthew O'Neill-Cuardos	-		3rd
Ladies Diving	Karen Hoffmann	-		3rd

A Gala Thank You!

A huge thank you to all the volunteers who helped create another successful annual gala. A very special thank you for the wonderful food donations that ensured an amazing banquet for all our invited teams and swimmers. Your support is very much appreciated as without your help we could not host such an event.

10,000 Visits

The Turtles Website was launched back in 2008 and last month we welcomed the 10,000th visitor to the site. We are very grateful to Namesco, for hosting and sponsoring our website for the last seven years. We hope that you find the website Informative.

Pool Evacuation Drill, Saturday 7th October

Thank you for your co-operation with the above event. These drills are carried out so that you know what to do in the event of an incident or emergency.

Next Committee Meetings

The next meetings are scheduled for Tuesday 14th November and Tuesday 9th January.

Thank You Waitrose!

We are very grateful to Waitrose Ruislip for choosing Turtles Swimming Club as one of their supported charities for the month of September Community Matters Scheme. As a consequence, the Turtles stand to gain **£238**. Thank you to everyone who supported the Turtles.

Community Matters Scheme



The logo for Waitrose, featuring the word 'Waitrose' in a stylized, white, outlined font with a green shadow effect, set against a light purple rectangular background.

Ruislip Store

Turtles Club Policies

The Committee has reviewed the club policies to ensure that they are up to date and reflect the needs of the club, the Highgrove management and best practice. This month we highlight the 'Health and Safety Policy', The Whistle Blowing Policy and the policy relating to 'Conduct When Visiting Other Locations'. All of the club's policies can be viewed on the Turtles Website

Supervision of Club Members When Visiting Other Locations - Policy Statement

The Turtles Swimming Club organises various functions away from the principle Saturday Highgrove Swimming Sessions. These activities fall in to two categories: 1) Social outings 2) Invitation Galas organised at the pools of other swimming clubs.

The club expects all children and vulnerable adults to be supervised by a parent or carer at all times when attending functions away from Highgrove.

The Club is unable to provide carers to accompany club members and so if appropriate care can not be provided by the participant then he or she should not attend the function.

The club usually organises transport to the functions and this can involve scheduled collection and drop off points. It is the responsibility of the participant to be at the designated collection point at the stated time and the club can take no responsibility should the participant arrive late and as a consequence misses out on the transport. The club makes every effort to keep the published collection schedule but obviously the times stated can only be an estimate and subject therefore to variations. No Junior or vulnerable adult should be left for collection without suitable carers and the driver of the transport should not collect such participants. The drop-offs points should always be communicated to participants ahead of any function / journey. If these locations are not suitable then the participant should communicate at least 24 hours before the event and a suitable compromise sought. If such a compromise is not possible then the participant should withdraw from the activity. The driver of the transport can not be expected to change pick-ups or drop-offs on the day of an event.

When visiting a location, Club Members are expected to behave in an appropriate and responsible manner. They should not engage in any activity that will put themselves or others at risk and should not engage in any activity that will bring the name of Turtles Swimming Club into disrepute.

At swimming galas, participants and their carers should follow the direction of the Turtles Gala Team Manager and take notice of the instructions laid down by the Gala Organisers and Officials.

Club Members should uphold the Members Code of Conduct at all times.

Health and Safety Policy

The Club undertakes to agree with pool operators on the arrangements necessary for ensuring the safety of the Club members and volunteers at all times when pool hire occurs. The Club Health and Safety code follows the ASA safety guidelines.

Such agreement will provide for the Pool Operator to provide for lifeguard cover. The detailed Health and Safety code that follows relates to the Clubs other responsibilities and also includes general guidelines and rules for all Club members, volunteers, teachers, coaches, lifeguards and parents/carers who have defined responsibilities and duties which complement and reinforce or aid the Club's basic obligations.

Basic Obligations

The Pool Operator will ensure suitably qualified personnel will be present on each and every occasion and in appropriate numbers as circumstances dictate. Where this cannot be done adequately on any occasion no activities will take place. If there are insufficient lifeguards then the Small pool will remain closed throughout the session. During Inter-Club Galas, Club Championships or other organised competitions, the above supervision will be supplemented by the Club, other clubs attending or by the hire facility.

Poolside Alarms, will be in the form of an electronic sounder or bell, if one of the alarms is sounded and the lights will flash. All Club representatives should take all instructions from the host venue lifeguards until the safe area is reached or the alarms are silenced.

Fire / Emergency Drill. The purpose of this will be to get all the members familiar with leaving the pool safely. The following will indicate this. If the alarm sounds during a session this will indicate a Fire / Emergency Drill. Everyone should leave the pool in a calm and orderly manner and assemble at the designated fire alarm assembly area indicated by the Head Teacher or Coach of the session or the Health and Safety Officer.

General Guidelines

Swimmers should not enter the water if they have the following:-

Vomiting Diarrhea Infectious skin rashes Open wounds Ear infections

Swimmers should not run on poolside, as the tiles are slippery when wet.

No one should push anyone into the pool at any time.

Dive-bombing is strictly prohibited.

There should be no diving or persistent jumping in. 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.

The Club will draw the attention of all its members to its Health and Safety Policy and will ensure that they are familiar with and understand the emergency procedures.

Health and Safety Policy (Contd.)

Parents/Carers

Parents/carers must take responsibility for their children or the vulnerable adult in their care. Parents carers must at all times remain responsible for any medication required by a member and for administering it as required.

Parents/Carers and Members with Epilepsy

Members diagnosed with Epilepsy whose epilepsy is not completely controlled (had recent or unpredictable seizures) will need a carer with them at poolside or in the water at all times.

We would require the carer to;

Be able to spot early signs that the member is approaching a seizure and know how to avert if possible.

Be able to inform and advise qualified first aiders poolside

Be able to provide a full medical history if required.

Be able to accompany the member to hospital if required.

Be responsible for any emergency medication and know how to administer if required.

Use of Equipment

Turtles Training equipment should only be used by trained instructors or helpers and if members use equipment without supervision they do so at their own risk. Equipment once used should not be left at poolside but returned to the equipment trolley.

The hoist should only be operated by trained personnel (usually the lifeguards). Anyone wanting to use the hoist should attract the attention of the lifeguard. Only disabled members who require this facility or committee members should use the hoist

Written Operating Procedures

The Club will ensure that all Volunteers, Teaches, Coaches, Club Lifeguards are familiar with the Pool operators written statement or rules setting out the organisation and arrangements for ensuring users safety in normal and emergency conditions. The Club will ensure all Volunteers, Teaches, Coaches, Club Lifeguards are familiar with the club induction pack

Range of Activities Covered

The Clubs activities covered by this Safety Policy include the following:

Club Sessions

Club Home Galas - for the duration of the Gala

Club Away Galas - for the duration of the Gala where the host Club have not provided adequate arrangements (see also the Supervision When Visiting Other Locations - Policy Statement)

Open Competitions - the Club expect host clubs/organisations to provide adequate lifeguard facilities

Accident / Incident Reporting and Insurance

The Club will ensure a current and valid insurance policy is in operation. Details of this are available from the Club Secretary. All accidents or incidents will require a report verbally immediately following the occurrence and in writing subsequently from those responsible for the group or event in progress at the time of such accident / incident. This written report must be submitted to the Club Health and Safety Officer and the details entered in the venue's accident report book.

Updating the Health & Safety code

The Club will receive and update this Safety code as and when required by new circumstances, Pool Operator requirements or changes to current safety legislation.

The ASA Health and Safety guidelines are available on the ASA web site.

Whistle Blowing Policy

The concept of **Whistle Blowing** is important in any organisation that is committed to maintaining appropriate levels of safeguarding and good practice. **Whistle Blowing** allows individuals to raise issues of poor practice or misconduct by members and helpers.

Children and vulnerable adults are more susceptible to abuse and all adults who help at our club, must look to safeguard their welfare. We believe it is necessary to develop a culture where concerned individuals can raise issues about unacceptable practice and misconduct in a safe and supportive environment.

Whistle Blowing is an important part of the safeguarding of children/vulnerable adults in swimming, delaying raising concerns does not deal with them, it just delays the inevitable and may cause matters to get worse. Such matters will seldom, if ever, improve by being ignored and the damage to the children/vulnerable adults involved will inevitably increase.

When is it necessary to whistle blow, a member or volunteer may witness or be told about a situation of poor practice, a failure to safeguard or even an incident of abuse in which a colleague is implicated.

For example: a child/vulnerable adult might tell you of something that has happened to them while receiving support from a helper; or you might become suspicious about the behaviour of a member or helper; or a parent might make an allegation of abuse involving someone working with their child/vulnerable adult.

If you have a concern, it should be referred to the club **Child/Vulnerable Adult Protection Officer** or another appropriate member of the club committee. Anyone who refers a colleague or fellow club member in good faith will be supported by the Committee. Anyone against whom a concern is raised will have the concerns dealt with properly. Upon further investigation by two members of the committee it may be necessary to resort to our disciplinary procedure or refer to a statutory agency.

Once the concern has been raised, the **Club Child/Vulnerable Adult Protection Officer** will take action as appropriate. The person raising the concerns is likely to have mixed emotions at their action, as colleagues are seen as people to trust implicitly and suspecting “unpleasant things” about a colleague is hard.

It may be the person concerned finds it hard to accept what is being alleged and to think that the person raising the concern is disloyal. Alternatively they may fear victimisation if they raise a concern against a colleague. It is not unusual to feel this way but it is important to consider the welfare of the child/vulnerable adult as paramount and not allow your judgment on what is the right action to be taken to be clouded by personal feelings and beliefs.

We recognise that a person referring concerns involving a colleague may need additional support in light of the action they have taken.

2018 Gala Dates

We have our first confirmed dates for the 2018 Gala Season. The Hatfield Platypus Gala takes place on the 14th April and the Hitchin Lions Gala will take place the following Saturday 21st April. The first event in the Calendar is likely to be the Hanworth Feltham Lions Gala, but as yet we do not have a confirmed date.



Happy 18th Jess

Congratulations to Swim Teacher Jessica Grey who has recently celebrated her 18th birthday!



**Turtles Swimming Club is a
Registered Charity**
Charity Number 1055545
Established 1964

Chair

Alison Grey

Secretary

Andy Wallis

Turtles email:

turtlesswimming@yahoo.co.uk

Turtles website:

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

*Thank you to the
organisations and individuals
who support the Turtles*



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