



# RUISLIP TURTLES SWIMMING CLUB

**FEBRUARY 2021 NEWSLETTER ISSUE 133**

RUISLIP TURTLES SWIMMING CLUB IS A REGISTERED CHARITY NUMBER 1055585

RUISLIP TURTLES IS A HILLINGDON GOLD STANDARD CLUB



## **Oh for a Swim!**

**We remain unclear as to when we are likely to return to our Saturday swim sessions.**

**The Committee has continued to meet regularly courtesy of Microsoft Teams.**

**We have been reviewing all our Saturday operating procedures, drawing up our Risk Evaluation Schedule, liaising with GLL (Highgrove) and Swim England and trying to assess who is likely to be available to help for our eventual pool re-opening plan.**

**But in the meantime, we hope that you are all keeping safe and well. We look forward to seeing you all again, as soon as possible.**

## **Thank You Ruislip Combined Charity**

**We are very grateful to have received a very generous donation of £250 from Ruislip Combined Charity.**

**We are fortunate to receive an annual cheque from this organisation, but especially so in these very difficult times when fund raising has been so difficult.**

**As a club, we are very much dependent on such wonderful gestures. Thank You!**



## **COULD YOU LEND A HAND?**



**We are looking to fill the following club officer positions;**

**Club Chair, Club Vice Chair and Health & Safety Officer.**

**We are also looking for additional;**

**Swim Teachers, a Website Manager and a Home Gala Results Co-Ordinator (Excel Spreadsheet).**

**We will need a Health and Safety Officer to facilitate our pool re-opening, and so if you have any experience in this area or are prepared to adapt your current skills, we would be very grateful.**

**If you think you may be able to help by either joining the committee or by just taking on certain tasks then please contact Club President, Dave Lee, on 07730 047500 to discuss how best you can support the current committee.**

**It is unlikely that we will organise an EGM ahead of our scheduled AGM and so we will be electing a Chair for each of our committee meetings in the interim.**



### **WELCOME LESLEY!**

**We are delighted to welcome Leslie Taylor as a co-opted committee member.**

**Leslie responded to the club's appeal for more volunteers.**

**Big thank you to Lesley for stepping forward.**

### **INSURANCE**

**We have renewed our annual insurance with Swimsure Insurers.**

**We received a good discount, recognising that the club has not been open, but it is a substantial outgoing at a time when we do not have any regular income from subscriptions or pool entry fees.**

## **CHIEF INSTRUCTOR—CHERYL LEE**

I hope you are keeping fit and healthy this lockdown. In this article, I cover some swimming techniques that you can use in the home environment for those learning to swim or for those just wanting to maintain their technique



### **Aquatic Breathing**

Below I have outlined two methods to help with aquatic breathing. Both methods require adult supervision to avoid a choking hazard. Also if your doctor has advised you against placing your face and breathing in the water then please follow their advice and avoid aquatic breathing practices.

### **Blowing Bubbles with a Bubble Wand**

Blowing Bubbles (see photo opposite), using a wand and some washing-up liquid is an effective technique that can be practised in the bathroom, at home.

Probably best not to practise this outside at the moment though.

#### **Why is the method good?**

The softness of the air flow to acquire a bubble is ideal for swimming. It encourages a relaxed approach to breathing together with a long breath. It is the least confusing method as you can only blow out to achieve the outcome of a bubble and therefore eliminating any reason to breath in (take in water in a swimming pool).

#### **What does it help?**

It helps with water safety by being comfortable breathing into the water and not holding your breath. Also with the teaching of doggy paddle, front crawl and breaststroke. Autism Swim, in Australia, have found this technique to be effective with non-verbal autistic members of their Swim School.



## **CHIEF INSTRUCTOR (CONTD.) —CHERYL LEE**

### **How to transfer the skill to a swimming environment?**

Having practiced at home in the bathroom, in the air and then in the bath water (with just the wand), the idea is to blow bubbles through the wand in the pool. Slowly the wand is used less and less in the pool and the member becomes comfortable with exhaling into the water. This is achieved by helping them regulate their breathing by counting for 3 seconds blowing bubbles in the water and then lifting the wand out of the water to inhale air, until this becomes a pattern and a natural process. By turning this into a fun game (e.g. counting animals etc.) it helps to motivate the swimmer.

### **Blowing Bubbles with a Straw**



Blowing Bubbles through a straw can also be practised and then transferred to a pool environment. Straws were used in mainstream swimming lessons years ago, but have since been phased out by leisure centres and from learn to swim programmes. Sometimes using a straw to exhale can confuse new swimmers, as straws are usually used to inhale to drink. Therefore, the blowing bubbles through a wand usually works better being less confusing. But everyone is different and straws can be effective.

### **Introducing or forgotten Breaststroke Legs?**

Like the majority of swim teachers, I introduce breaststroke legs on land first before transferring to the water. Breaststroke is the most challenging to master of the four main strokes. It is also the cause of the most injuries. If you suffer from hip, knee or ankle issues it is probably best to avoid swimming breaststroke legs. If this is the case we can always recommend another stroke or even a hybrid stroke. Just let us know, and we would be happy to help and make suggestions based on your individual needs.

## CHIEF INSTRUCTOR (COTD.) —CHERYL LEE

Below is a short You Tube clip that demonstrates some exercises you can work on at home for Breaststroke:

<https://youtu.be/pOdwwVnEDIM>

I've also captured below some stills of me demonstrating breaststroke legs on a chair:

### Step 1

Take a chair and sit with your legs out straight and toes pointed towards the ceiling

### Step 2

Pull both legs in together at the same time towards the chairs legs. Your toes should still be pointing up to the ceiling and your ankles hidden under your knees. In doing so, do not let your feet go flat to the floor. If this happens keep practising.

### Step 3

Turn both feet out (Dorsi-flex your feet is the correct swimming terminology). Your heels ideally touching each other with your big toes turned out. Some find turning their feet out difficult, but others find their feet naturally turn outwards. Sometimes one foot turns out and the other foot doesn't.

### Step 4

Whilst keeping your feet turned out, draw a big circle with your heels until you return to the position in step 1 again. Practise this step over and over.



## **CHIEF INSTRUCTOR (CONTD.) —CHERYL LEE**

### **How does learning Breaststroke on land help me in the pool?**

When it comes to practising in the pool we would supply you with a noodle for buoyancy and balance. We would then ask you to imagine you are sitting in a chair, and to sit up in the water. The noodle would support you underneath each armpit and around your back, just like the back and arms of an armchair. Then looking down at your legs, do the exact same exercise in the pool that you practiced on the chair. As ever, practise this exercise until you get it right. You can always look down to see what your legs and feet are doing with this first exercise. Once you have mastered this, we can then look at turning you onto your front, lying horizontal to practise with your legs behind you and with floatation support. Of course, just ask for help if you need support at any point and we would be happy to oblige. It can take a long time to get the hang of breaststroke legs so don't give up.

### **My feet don't turn out for breaststroke? What can I do to make this happen?**

You can practise walking like a penguin with your heels together and with feet turned out, like the picture below. The more often you practice this, the more you will stretch the muscles that enable you to achieve this. It will not happen overnight, and it will also take time to build the strength.



### **2021 Long Distance Swim**

Obviously, the Long Distance Swim cannot be undertaken to the usual timetable. The British Long Distance Swimming Association has extended this year's timetable to 'at least the 31st May'. They have also introduced a special category this year for a 30 minute swim as well as the one hour swim.

## **I GET SO COLD AND TEND TO SHIVER, SHOULD I BUY A WETSUIT?**

**I often get asked whether investing in a wetsuit is a good idea. It is a question posed by those who find the water extremely cold making moving about extremely challenging. It is always advisable, once you have entered the water, to swish about from side to side, to adjust your body temperature to the water temperature. This is the same for those with or without a wetsuit. If you are unable to do this independently ask your carer to assist you as part of your pool warm up. Moving about helps you retain the heat and stops the shivering.**

**Sometimes it is the Swim Teachers and Carers who feel the cold and they too sometimes invest in a wetsuit. When you are assisting others, you may not be swimming or moving about yourself, so it can get pretty chilly. However, you should ensure that you keep moving too and try to keep your shoulders under the water where possible to keep warm, especially if you don't have a wetsuit.**

**A good wetsuit is made out of neoprene and will ensure that your body retains the heat whether it's half-in or half-out of the water. There are many all-in-one swimming costumes that look like wetsuits but are not made out of neoprene and in my opinion don't really work. In fact, they make you feel colder and create drag in the water from the extra material which can be too loose. Drag will make moving in the water/swimming even harder than if you just had just an ordinary swimming costume on.**

**Wetsuits made with neoprene come in different thickness for summer and winter. It just depends on your preference. But a good wetsuit will keep you warm and will also give you extra buoyancy in the water. Those with sensory needs often like wetsuits as it gives them a feeling of security and warmth.**

**You can also get swim hats made out of neoprene and these are often used by open water swimmers.**



## LOCKDOWN SWIMMING READING IDEAS

Swim England has published two books that can be purchased from their website for £2.50 each. 'Discovery Ducklings ' and 'Lucy and Sammy Learn To Swim'.

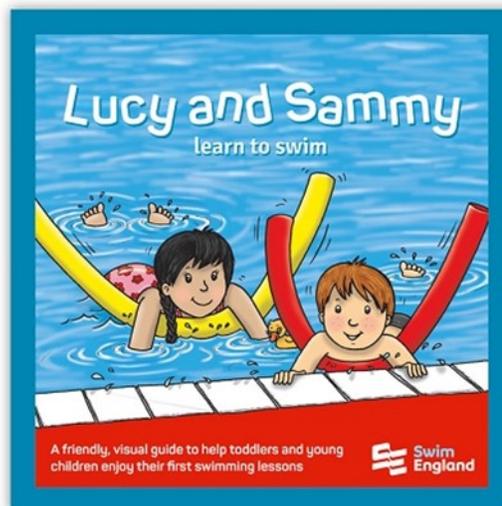
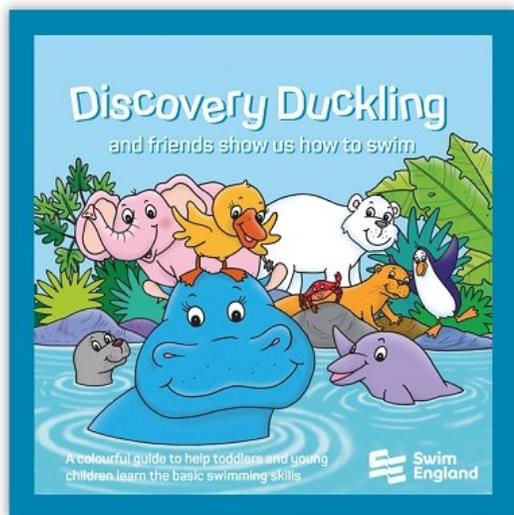
<https://shop.swimming.org/awards-supporting-resources/resources-for-parents>

### Discovery Ducklings

Parents and carers can use this book to show what is involved in developing simple water skills by referencing the actions performed by a series of friendly animal characters.

### Lucy and Sammy Learn To Swim

This book follows the journey of two young children embarking on their first swimming lesson. Parents and carers can use this book to show what is involved in the first steps of swimming; Buying their costumes, visiting the pool, learning where to get changed, using the equipment, enjoying themselves and making new friends.



<b>Chief Instructor:</b> Cheryl Lee	<b>Secretary:</b> Heather Johnston	<b>Club President:</b> Dave Lee
<b>Gala Team Manager:</b> Dave Lee	<b>Deputy Secretary :</b> (reception desk) Bijan Ghorbanian	<b>Treasurer:</b> Rosemary Noyes

**Ruislip Turtles Facebook Page**  
[www.facebook.com/groups/RuislipTurtles](http://www.facebook.com/groups/RuislipTurtles)

**Ruislip Turtles Website:**  
<http://www.ruislipturtles.org.uk>

**Turtles  
Swimming  
Club  
Established  
1964**

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

*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*

**THANK YOU TO  
THE  
ORGANISATIONS  
AND  
INDIVIDUALS  
WHO SUPPORT  
THE TURTLES**



**TURTLES**  
SWIMMING CLUB

**Hillingdon  
Council**



**Waitrose**

**Eastcote Methodist Church**

**Tesco**

**ASDA**

**Ruislip  
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