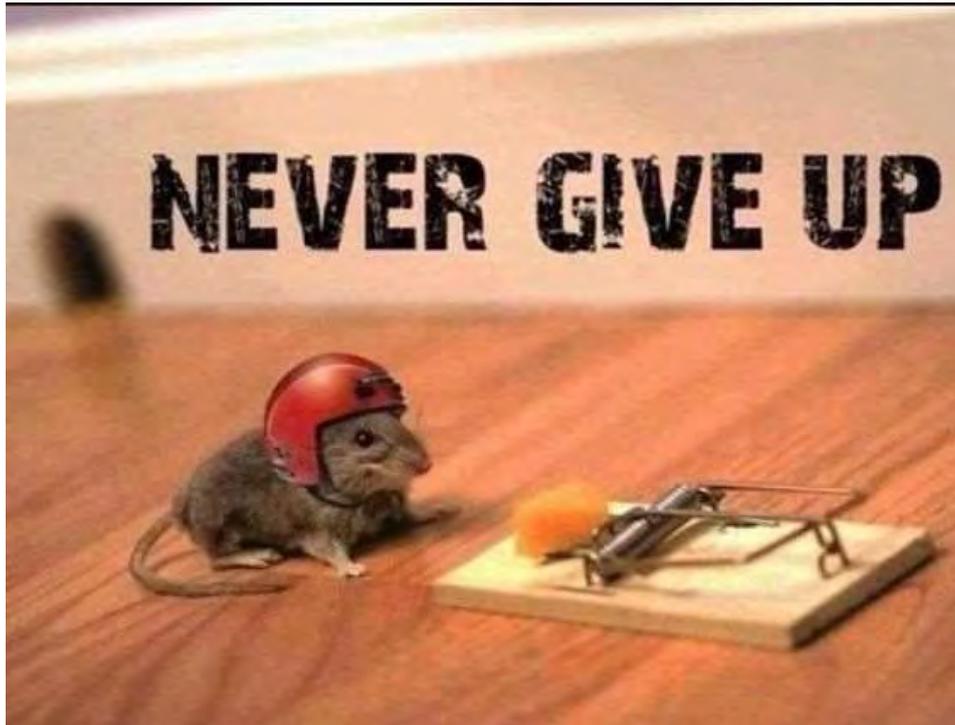


Back to the Future #4 & #5 & #6

Masters Swimming NSW is not giving up and nor are our members!



Our next event is at Ryde Aquatic Centre on 7th November.

<https://mastersswimmingnsw.org.au/event/back-to-the-future-4/>

Warm up from 12 noon

Then bookings are pencilled in for events on 29 November at Auburn pool and 6 December at Ku-ring-gai Aquatic Centre then finishing our year with a Women-Only twilight carnival back at Auburn pool on Friday 11 December (this event was postponed last year). This is an exciting collaboration with Swim Sisters, Different Strokes Adult Swim School and the venue management.

But note: cancellation and/or postponement is something we have to expect “may” happen in the next few months due to changing outbreaks. While it is disappointing, we must keep our members safe. We will keep organising meets when we can and they will only go ahead if and when the time is right.

2021 BPS calendar events

The 2021 calendar has been finalized and will go out to your clubs Race Secretary. Campbelltown Collegians starts off our year on 23 January then Myall Masters at the Beautiful Tea Gardens on 13 February followed by Cessnock and Blacktown both in March.

But until then you can join us for:

Coach clinics available to members



FREESTYLE SWIM TECHNIQUE CLINICS

... with Mitchell Patterson

Mitchell Patterson is a former Commonwealth Games representative in butterfly and former Masters swimmer and National record holder

CLINIC 1: Hunter Valley | 31 October 2020
Speers Point Swim Centre, Speers Point
10:00-12:00 & 13:00-15:00

CLINIC 2: Canberra | 7 November 2020
Lakeside Leisure Centre, Tuggeranong
10:00-12:00 & 13:00-15:00

CLINIC 3: Sydney | 21 November 2020
Warringah Leisure Centre, Warringah
9:30-11:30 & 12:30-14:30

CLINIC 4: Sydney | 28 November 2020
Ruth Everuss Swim Centre, Auburn
10:00-12:00 & 13:00-15:00



Each clinic will include:

- Video aided discussion on specific stroke aspects
- Specific drills, technique and stroke correction, drill feedback
- Direct feedback swimming focussing on 1 or 2 technique aspects
- Follow up, if appropriate



COST \$30 Members Only
Limited to 10 swimmers per clinic
Book online via the MSNSW website
Pool entry payable on the day

Masters Swimming NSW is keen to help members get back to peak fitness and attain goals!

What else can I do? Postal swims of course!

Support these wonderful clubs around the country by entering their Postal swim— timekeeper required.
<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>

Tuggeranong Trifecta postal swim, take your time for 400m, 800m, 1500m swims **by 31 October**.

Singleton Sundial *enter* online **by 31 October** so you can log **12 swims** around the dial by 31 Dec.

Baddaginnie Animal Swim, 5 swims and earn a long-sleeved t-shirt that displays the gruelling events.

Swimming Up Hills is open, a total of 5,900m over nine swims, phew! **Closes 31 December**.



Million Metre polo shirts

The order for Million Metre shirts is now being made up, the delay caused by tight lock-down restrictions in Melbourne. Many thanks to our members that have waited so patiently to receive their reward.
(Plaques may take a little longer)



MILLION METRES

COVID-19 protocols for swim events

- Members are encouraged to download and activate the COVIDSafe app.
- As a condition of entry, all participants may be required to sign-in on a Track & Trace sheet. The information and detail on this sheet will be stored in accordance with record-keeping requirements, and may be forwarded to NSW Health and/or Safework NSW if required.
- Any officials, volunteers or competitors that feel unwell to any degree, or display flu-like symptoms, are advised to stand down from this event and isolate themselves from the venue.
- COVID-19 Infection Control certificated volunteers will be rostered to supervise members.
- All venue conditions/instructions, whether displayed or conveyed by staff, must be followed strictly by members.
- **All participants must comply with any restrictions in regard to communal facilities such as showers and change rooms. Where possible, members are encouraged to consider not using these facilities.**
- The number of swimmers in warm-up lanes may be limited.
- All events will be heat seeded. There will be **no marshalling**, all competitors will be required to self-seed behind the blocks and adhere to any venue marked spacings.
- There will be only one timekeeper per lane. Any competitor that wishes a second time for record purposes, will need to make arrangements with the Chief Timekeeper prior to the event.
- If any equipment is to be shared by officials or volunteers, including timing devices, it shall be wiped down before passing on.
- MSNSW will provide hand sanitiser, gloves and masks where required/requested.
- Optimal hand hygiene will be expected of all members
- Each venue we hire may have different requirements, it is up to each of us to note

Regional clubs are having another Zoom meeting

Lawrence Powderly, Vice President, Country is hosting another Zoom meeting with our regional clubs next week. With the Return to Sport funding a lot of activities and opportunities are being discussed including publicity, banners, flyers, clinics, merchandise and inter club carnivals.

Oceanswim season postponed

The only 'actual' swim still on the oceanswim calendar for 2020 in NSW is Warriewood on Sunday 13 December so note it in your diary and keep your fingers crossed. Limited to 300 swimmers, it is a 2km course.

Bondi to Bronte is a 'virtual' swim you can participate in between 5-13 December in any body of water anywhere in Australia. Choose between 500m, 1km or 2.2km. \$5 from every entry goes to The Kids Cancer Project.

What else is happening?

I'm glad you asked. The World Masters Games 14-30 May 2021 in Kansai, Japan. The swimming events are being held at the Kobe Port Island Sports Centre 21—25 May and the Open Water event is at Tarui Southern Beach on 29 May.



This information is subject to change.

We have a new club about to open

A new club is about to be welcomed into our sport, Narooma Masters. Welcome aboard Narooma!

This is a bumper time of year for new clubs and new members to be checking us out so we warmly welcome interested swimmers and guide them in to our ways of training, events and competition.

Get the app —let's be safe by choice, not by chance!



Your club will have a COVID19 Safety Plan in place specifically *for Community sporting competitions and full training activities*. Please assist in keeping to exactly what is outlined within it.

Updated Public Health Order

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/cho-advice-sports.aspx>.

School and community sports activities—updated 24 September

From Saturday 26 September, interregional community sporting competitions may recommence without restricting these activities to regions or zones, where there is a COVID-19 Safety Plan for the school or community sport activity in place. Ensure strict compliance with all other elements of the COVID-19 Safety Plan. Non-essential adults should continue to be excluded from sporting activities held during the normal school day.

School and community sports organisations and participants should continue to avoid shared travel arrangements such as car-pooling, and to minimise gatherings before and after the event.

<https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules#sport-and-recreation>

Community sporting activities are allowed, including training sessions and contact activities.

A maximum of 20 people per class applies to gym and recreation classes such as yoga, tai chi and pilates.

For community sporting activities that involve **more** than 20 participants, the organiser must have a COVID-19 Safety Plan for [community sporting competitions and full training activities](#).

- Participants include players, people who are training, officials and spectators.
- [More than one parent may attend](#) community sporting activities if physical distancing of at least 1.5 metres can be maintained between people that are not from the same household.
- The maximum number of participants at a community sporting activity must not exceed 500 participants.
- Interregional school or community sporting competitions are allowed if there is a [COVID-19 Safety Plan](#) in place for the event.