

### Back to the Future #3 & #4 & #5 & #6

Masters Swimming NSW is not giving up!



We WILL have a social swim meet sometime soon and our next booking is at Knox Grammar on 18 October.  
<https://mastersswimmingnsw.org.au/event/back-to-the-future-3/> Warm up is from 12 noon

Then bookings are pencilled in for events on 7 and 29 November, 6 December finishing our year with a Women-Only twilight carnival 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.

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 but we will keep organising meets when we can and they will only go ahead if and when the time is right. We all need to be patient, safe and enthusiastic.

### But what else can I do? Postal swims! Entries close 31 October.

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 do **12 swims** around the dial.

**Baddaginnie Animal Swim**, 5 swims and earn a tee-shirt that displays the events.

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



## 2021 BPS calendar events

The 2021 calendar is in a final 'draft' stage and is looking good. Campbelltown will start off our year on 23 January then Myall on 13 February followed by Cessnock and Blacktown both in March.

## Virtual swim Meet Results!

<https://mastersswimmingnsw.org.au/competition/virtual-swim-meet-2020-2/>

At the time of writing sixteen clubs have entered the Virtual competition with Blue Mountains Phoenix leading on Average Points and Manly Masters is well ahead of Blacktown City in Total Points. But entries have not yet closed and there could well be members standing-by waiting to lodge their entries at the very last minute...we wait patiently.

## Endurance 1000

Masters Swimming Australia has suspended E1000 for 2020 but MSNSW will continue to host a Branch comp so keep swimming, just keep swimming! MSNSW will award the winning club and the average points club but not individual towels. The Endurance 1000 portal remains open for your E1000 Recorder to log your times.



## Members are looking for training opportunities and we're matchmaking

Blacktown City Masters has space for you in their training sessions. We asked last month if your club could take in a visiting member or two and Blacktown came to the rescue. Here's their invitation:

"The Beavers would to extend an invite to our fellow masters swimmers to our squad nights.

Although numbers can vary from session to session, we have capacity to invite 6 pax to our sessions. Currently, we are allowed 10 swimmers per lane under the guidelines of Blacktown Aquatic Centre in which 2 lanes are available on both nights. **Training nights are Tuesday & Thursday 6pm – 7.30pm** with the cost being pool entry, around \$6. We follow the BAC Covid19 regulations with sanitizing hands & recording of attendance. Change rooms are open but no showers permitted. Social distancing markings & measures are also in place. The Beavers are always welcoming of having any masters swimmers join us for a few laps."



While many pools have opened with a limited capacity some pools are yet to get their systems organised to accommodate any training sessions so we have members who are needing to find space at other clubs. Is your coach amenable to have an extra swimmer or two? Let the office know and we will match up members with training sessions.

We are aware that there are a few clubs that are full to capacity at their training, this is a request for clubs that could comfortably fit in another swimmer or two.

## COVID-19 protocols for swim events

- Members are encouraged to download and activate the COVIDSafe app.
- As a condition of entry, all participants will 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

## Regional clubs had a Zoom meeting

Lawrence Powderly, Vice President, Country recently hosted a Zoom meeting with our regional clubs. Ideas discussed included opportunities for mini-meets, coached training sessions, programs and social events. While regionally based members may feel uncomfortable travelling to metro areas they are keen and energised to host their own activities so watch this space.

## Oceanswim season postponed

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

These events are fundraisers for the local Surf Lifesaving Clubs so well worth our support.

## What else is happening?

I'm glad you asked. The World Masters Games 14-30 May 2020 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.





Swimming NSW has offered an opportunity for our Regional clubs to attend an online webinar focussed on Mental Health – Lane Ropes for Life.

Swimming NSW has partnered with Red Cross to deliver this program and our regional clubs will be sent details as soon as dates are confirmed.

## Member catch up

One member recently had a serious health issue on pool deck and fellow club members rallied round and handled the situation admirably. As this incident did require the most crucial of first aid assistance immediately our members were the first responders and should be proud of their response. Happy to say all is now well with the patient. Please consider getting all your club members qualified in CPR.



## Vale Colin Casey

Sad to report that Colin Casey who was one of our stalwart officials at competitions passed away recently from pneumonia and related complications.

Col was dedicated to serving adult and junior competition and in fact was on the Warringah Aquatic Swim Club's 'Hall of Fame'.

In the world of adult swimming he could be found refereeing and judging strokes at Masters swimming carnivals across the country, refereed at the World Masters in Perth, and was a supporter of the Masters movement generally, in places like Alice Springs and on the Arafua Islands, and the Youth Olympics.

In Masters swimming, who can forget an occasion when he was Judge of Strokes at the old Woy Woy pool where he was nudged into the water, some say by a disgruntled swimmer whom he had disqualified, but carried on as nothing had happened, slowly making his way to the steps while keeping a beady eye on those swimmers legitimately in the water.

He was for a time Vice President of Warringah Masters and many of us will remember his sense of humour - dry enough to have been burnished by sandpaper!

Col retired from officiating and swimming some time ago, moving to the War Vets with his wife Denise. While there successfully fought a long battle against Stage 4 melanoma with experimental medication.

He is survived by Denise, son Peter who many of you probably know, and numerous grandchildren.

*Graham Campbell, President, Warringah Masters Swimming*



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. More than one parent may now 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. 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.

