

SURREY PARK NEWS

Term Two 2020 Edition



LEARN TO SWIM AND DIVE

REMINDERS & NEWS

A message from our Swim School Manager Emily

We hope you are all managing the working / learning from home, social distancing, and video chat fatigue during these unprecedented times.

We are staying up to date with Government restrictions and advice to ensure we can commence swimming and diving lessons as soon as it is safe to do so.

COVID-19 SURVEY

We have sent out a survey to all customers earlier this week asking for your input on how we can make our pool safer when we open. Please take a moment to fill this in if you haven't already done so.

Link to survey:

<https://forms.gle/UFZnmqLMvxjsDZx29>

UPDATE

Here's an update on what we have been doing during our closure:

Most of us are back working behind the scenes following a small break at the beginning of the COVID-19 outbreak.

Our **teachers are** busy preparing games and activity sheets that children and adults can complete at home to help you stay fit, healthy, and up to date with your swimming knowledge.

These will appear in our newsletters, website and social media platforms. Please follow Surrey Park Swimming on [Facebook](#) and [Instagram](#) to keep up to date.

Our **Lead instructors and lifeguards** are assisting with updating evacuation, policy, and emergency action plans.

NEW CUSTOMER SERVICE PORTAL

Our **Customer service team** have been helping to implement our new customer booking portal.

You will soon be able to log in online to manage your booking, pay your fees and see the skills you or your child have been achieving.

Due to the long break from lessons, we are copying your or your child's level across to our new system and will recheck all skills when you return to swim with us. An email will be sent out in the next few weeks with instructions on how to log in and our customer service team will be available for those having issues logging in. Our customer service team are checking emails on weekdays, so please email info@surreypark.org.au.

If there is anything in particular you would like from us, (for example: level 5's water safety and rescue activities), please let us know via email on info@surreypark.org.au and we will endeavour to add it to our to-do-list.

FACEBOOK

As of next week Surrey Park are consolidating their Facebook pages. So if you currently follow Surrey Park Swimming Blackburn page, please head over and follow the [Surrey Park Swimming page](#) as the Blackburn page is being deleted from Friday 22nd May. From now on we will only be posting on this one page and it will cover what's happening in learn to swim and club swimming across all venues.

We miss you all, hope you and your family are safe, and look forward to having you back at the pool when lessons commence.

COMPETITIVE SQUADS

REMINDERS

& NEWS

A message from our Director of Coaching Ian Pope

"It's been awesome to see and hear what some of the coaches and swimmers have been doing during this time away from the pool. Some have been braving the cold with a wetsuit and diving into the ocean or backyard pool. Some exciting talks from some Australian team members. Connecting via kahoot or jack box tv for a good laugh. Getting stronger by doing Pilates sessions and dryland. Movie nights, cooking sessions, and just staying connected on how life is going. Keep your dreams alive by setting new goals for the season as we anticipate jumping back into the water".

SQUADS

The coaches have been working hard to maintain our swimmers connectedness to training and each other. Regular zoom sessions throughout the week have been taken up by a large portion of our swimmers as they take care of their both physical and mental wellbeing. Our coaches' goal is to maintain these at high levels until we can return back to the pool. Coaches are also taking the opportunity to engage our swimmers in other activities that cover wellbeing and education with our swimmers enjoying hearing stories from high profile Australian swimmers, zoom check in 'are you okay' sessions, weekly challenges and just being able to say hi to mates.

MY SQUAD

by Julie-Anne, Coach of State Youth and Youth Development squads

My squad is loving our Zoom Sessions. I have 22 swimmers attending Zoom Chat and Gym session three times a week.

Monday we do a Wellness session, Wednesday Targets and Dryland and Friday is our Celebrity Zoom Session where Australian Olympian's come and join us for a chat. We have spoken to some great champions and role models like Ellie Cole, Patrick Murphy and Thomas Frazer-Holmes.

It's been a great time to create an online learning community within the team.

As a coach, my main focus is to:

- 1- Lead
- 2- Energise
- 3- Inspire
- 4- Share
- 5- Review
- 6- Communicate
- 7- Stay connected
- 8- Educate

I am always seeking to understand and let the team know I am there for them when they need me. Be their rock. Be the calm, composed, caring person offering clarity and certainty in their currently chaotic and uncertain world.

As a coach I feel responsible for my swimmers energy, so when things get back to normal and I walk on pool deck on the first morning back, the team will be looking at me to provide some ZIP AND ZOOM

COMMITTEE NEWS

A message from our President, Shannon Clarke

Welcome to the Term and hopefully you are all keeping well at home. The coaches have been amazing, working creatively to develop and deliver an online coaching program to ensure our swimmers remain connected. It is important to the Club that our swimmers continue to stay physically and mentally healthy by continuing with a training routine even in the absence of our pool facilities.

I have loved seeing all the posts on our various social media platforms, showing how individuals and squads are embracing and adapting to training in isolation.

Hopefully parents are also utilising some of the resources being shared online, especially the webinars that are being offered by Gold Class Swimming. The link is available on the Swimming Australia home page.

ANNUAL PRESENTATION NIGHT DINNER

Unfortunately, due to the current situation we will be unable to proceed with the Club Presentation night this month. The Club still wants to recognise the achievements of our swimmers over the past year and I will advise you once we have further information.

The Committee and management team are continuing to work hard to navigate our way through the difficulties the pandemic and the State of Emergency has presented. We are continuing to work closely with the bank, landlord and council to ensure the Club survives this difficult period.



Photos from our Club Champs

COMMUNITY



- All our bread was kindly donated by Bread Street in Mont Albert. They have been a part of the Hamilton Street shopping complex for 18 years and is committed to supporting the community donating leftover bread to soup kitchens and organisations in need.

CANNINGS Free Range Butchers

- The delicious sausages were generously provided by Cannings Free Range Butchers. Committed to providing 'high welfare' produce, they are also a carbon neutral company with their stores powered by renewable energy sources. They have just opened a new store up the road in the new Burwood Brickworks so go check them out!



- Our neighbours at Subway on Middleborough Rd generously donated their famous cookies to help us raise funds. They also provided us with serviettes, water and soft drinks.

WE HAVE GIVEN \$5 MILLION TO OUR LOCAL COMMUNITY

Surrey Hills Community Bank® Branch



Great offers for Surrey Park Swimming Members

Special packages are available to Surrey Park Swimming members. Contact the Surrey Hills Branch to learn more about current offers on Lending, Investments & Insurance.

We will support **Surrey Park Swimming** with sponsorship and grants as members support us. Sponsorship and Grants of up to \$1,000 are available to Surrey Park Swimming for families who take up special packages and offers.

Contact the friendly team at the Surrey Hills Branch to see how we can assist you.

Surrey Hills Community Bank
107 Union Rd, Surrey Hills

P: 9890 7188

E: surreyhills@mailbox@bendigoadelaide.com.au

CANTERBURY SURREY HILLS COMMUNITY FINANCE LTD.

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Mountain Shade is the leading supplier of Australian Standard Certified Marquee's, Gazebo's and Outdoor Branding.



The Pancake Parlour is an Australian family-owned pancake restaurant chain, serving sweet and savoury pancakes and crepes in various locations around Victoria.

COVID-19 FAQ

With all the uncertainty over the last two months we have collated some of the most frequent questions that we get asked.

When will you re-open for swimming lessons and the Club Squads return to in water training?

We will endeavour to return to lessons and squad training when the Department of Health and Human Services (DHHS) determines that it is safe to do so.

We are working closely with our peak industry organisations, which are working with state and territory health authorities to determine the right time to return to swimming lessons and squad training, and develop the requirements for a COVID safe environment.

I heard that COVID-19 can survive in water, is that true?

We need to differentiate between pool water and fresh water here. Pool water in public pools are regulated under the Victorian Public Health and Wellbeing Act 2008, this includes the local council aquatic centre, learn to swim pools in the industrial estate, or even the backyard pools used for lessons. Under the Act public pools need at least have a minimum of 1.0 parts per million (ppm) of free chlorine, whether it's a regular pool, a salt water pool or a mineral pool.

Melbourne Water use chlorine to ensure that we have safe drinking water, they target a free chlorine concentration of 0.2 – 0.5 ppm

The US Centre for Disease Control have stated that there is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, spas, or water play areas. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

What's better hand sanitising or washing with soap and water?

The Department of Health recommends that you use soap and water wherever possible, but hand sanitiser where soap and water may not be available.

Not all hand sanitisers are the same. The effectiveness of an alcohol-based hand sanitiser depends on the amount of alcohol in the formulation. Look for a formulation of at least 60% alcohol in these products.

Should you use anti-bacterial soap to wash your hands?

No, the problem with antibacterial soaps and gels is that in terms of COVID-19 they are not more helpful than regular soap and are useless as gels unless they include at least 60% alcohol, because the antibacterial products do not affect viruses at all.

UNESCO actually recommends not using antibacterial soaps at all, as they allow bacteria to build up resistance over time. <https://en.unesco.org/news/how-soap-kills-covid-19-hands>

Are you sure it will be safe to go back to lessons when you re-open?

We are reviewing all recommendations provided by Safe Work Australia, our peak industry bodies and advice/requirements from the DHHS, to ensure that our facilities meet the level of safety required by the government.

We all play a part in ensuring that our facility (and other areas of the community) is as safe as they can be. We do this by maintaining social distancing where possible, staying home when we have any (even very minor) symptoms, and practicing good hygiene.

I've already paid for Term 2 lessons before COVID-19 restrictions came in, do I get a credit?

Due to the ongoing government restrictions as a result of the COVID-19 pandemic, we have been unable to open for lessons in Term 2; as such a credit for any unused Term 2 fees will be applied to your account, you can use these credits when we resume our lessons.

Where can I find more information?

<https://www.dhhs.vic.gov.au/novelcoronavirus>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

email us at: info@surreypark.org.au

OUR VISION

Surrey Park Swimming Club seeks to provide the best club environment in Victoria for the development of all its swimmers to their full potential in an atmosphere of enjoyment and professionalism.

VISIT US AND REVIEW US:

Follow us:

@surreyparkswimming



Visit our website

www.surreypark.org.au

Review us on
google:



Learn to swim [Box Hill](#)

Learn to swim [Blackburn](#)



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