

Diving Ban at Cannons Creek Pool:

The committee through a sub-committee (Viv Morton, Nevill Sutton, Murray Pugh and Brent Harris) is working to have the complete diving ban at Cannons Creek pool changed so that PCA can conduct competitive dive training and competitive diving at competitions at Cannons Creek pool.

The media release by the Chief Operating Office of the Porirua City Council (Tamsin Evans) was a surprise to the committee and we were not advised that this was going to occur and we had no input into this media release and did not have any input into the memo written by Sue Chapman which was attached to the media release.

The committee would like to clarify some matters around the incident that prompted the council to ban diving.

1. The swimmer who dived into the pool did so at the start of a junior squad session and was not being taught to do a competitive dive or being actively supervised. The dive could best be described as a "casual head first entry" into the pool, which resulted in a vertical entry into the pool. Another squad swimmer dived in shortly after with the same "casual head first entry" type of dive with no issues.
2. The swimmer who was injured was taken to Wellington Hospital Emergency Department by Ambulance. The swimmer was assessed by a Doctor in the Emergency Department and left the department after two hours with no treatment required.
3. No complaint was made by the swimmers family to the Club or the Council regarding our policies and procedures relating to the incident.
4. The injury was not a serious injury and no notification was required to WorkSafe New Zealand.
5. The committee agrees with the council staff that members of the public and also PCA swimmers should not be diving into the pool in a casual head first type action.
6. The committee does not agree with the Council staff that the risk to PCA swimmers performing a properly supervised shallow competitive dive is serious enough to be banned, in accordance with the steps to mitigate the risk/hazard in our health and safety hazard mitigation policy.

Going forward the Club is adhering to the ban imposed by the Council.

The sub-committee is planning to meet the Chief Executive Officer of the Council on 30 August to discuss the Councils decision.

The committee requested all the information held by the Council to support their decision on 4 August 2016 and expect to receive a response within 20 working days. This is so that we can ensure that we have the same information that the council staff had to support their decision before deciding on what our options are going forward.

The Committee is appreciative of the support from Swim Wellington and Swimming New Zealand.

In Correspondence to the Council from Kent Stead (Events and Membership Manager) of Swimming New Zealand he wrote (in part).

"Swimming New Zealand are very conscious that if swimmers are properly instructed and supported then diving into a pool that is 1m deep that this can be completed safely. We are also very conscious that if there was legislation put in place prohibiting diving in shallower pools then competitive swimming as we know it in New Zealand would be greatly affected with a large number of pool in New Zealand that having pools similar to the Cannons Creek Pool."

The committee is continuing to work towards the return of competitive diving to Cannons Creek pool.

The committee is also looking to work with the Council to establish temporary pool access for competitive dive training sessions at the Arena Aquatic Centre for both Junior Squad and Club Lane swimmers.

Should this be possible, we will advise any timetable adjustments that may be necessary to enable as many members as possible to participate. We will however be restricted in the number of sessions and lanes we can book as there are only three dive blocks at the Arena Pool.

Primary Interschool Sports:

Planning is underway for the Interschool Sports. The success of these sports in the past has been largely due to the help and support provided by PCA parents. You are the ones with the experience, you know what is required to run a good meet – hopefully PCA parents will be out in force again this year.

Dates:

Wednesday August 24th Parumoana Schools 9am – years 5 and 6

Wednesday August 31st Parumoana Schools 9am – years 7 and 8

Thursday Sept. 1st Porirua Schools, years 5 and 6 - 9am, years 7 and 8 12.30pm.

If you can help, please give me a ring 2347071, or email president@swimporirua.co.nz

Thanks

Viv

PCA In-House League:

Monday nights of 12 September, 10 October and 14 November

Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start

Entries close Friday 2nd September

Three fun nights – Open to all Club Members

This event replaces all club and squad training on these dates

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims. For the series, it is age as at 12th September – swimmers having a birthday over this time, will continue to swim in the age group they were on the first night.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a 'have a go attitude' thinking 'I'll give it a go for the good of the team'. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering are making a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who forget or just don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Keri Martin at race@swimporirua.co.nz please include your age as at 12th September in your email.

Wellington Winter Champs:

Congratulation to Bronagh Ryan and Bronson Lloyd who each accumulated the most individuals points in the respective age groups and were Named Swimmers of their Age Group at the conclusion of the Meet. They each received a \$50 Swim T3 voucher

Porirua City Aquatics did well to finish 6th club on the points table in both the 12 years and under tally and Overall points table.

Congratulation also to Debra Schofield-Matthews and Phil Reiher who both qualified as Regional Inspector of Turns (IOT's). Well done

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$160 for club swimmers

\$110 for squad swimmers

(those swimming with Nevill in the Senior Squads, or Robin in the Orcas, Swordfish I & II, Penguins and Seals).

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, or can be paid at the duty desk on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Annual Subs are due on 1 July and should be paid as soon as possible.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are available from the Treasurer or the Committee Member on the desk on Monday and Friday club nights.

Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our treasurer on 021-247-7730 or e-mail treasurer@swimporirua.co.nz to make an arrangement.

Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek. Times: 5:45pm (for 6:00pm session start) ending 7:30pm on a Monday and until 8:00pm on a Friday.

Those interested should contact Onolata Little on 235-5646 or e-mail o_g.saunders@xtra.co.nz.

BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Lean to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzle (or whatever else you would like to cook on the BBQ) less any direct expenses is kept by the club and allocated to the family who did the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Onolata Little e-mail o_g.saunders@xtra.co.nz or phone 235-5646 for further information.

PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

The cost of caps are \$10 each if a swimmer requires another cap.

It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek) or the Team Manager at swim meets.

Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

We also have a limited amount in stock of PCA uniform hoodies with zips, T shirts and shorts in various ages.

Club togs are also available (supplied by a local firm so can be ordered and delivered anytime). They are produced by Spank and are black with PCA logo on them.

They come in the following sizes:

Style	Size	Price
Girls	6 – 14 years	\$46
Boys	6 – 14 years	\$50
Women	10 – 18	\$60
Men	14 – 18	\$60

Please contact Andrew Wilkinson on 021-986-533 or e-mail andyandnicola@gmail.com if you would like to purchase any PCA uniform items - see web site for details, order form and bank details.

Bank Account Details:

Subs/Uniforms etc	03-0547-0205093-00
Meet Entry Fees	03-0547-0205093-01
Squad Fees	03-0547-0205093-02

If you are unsure which account you should be using, please contact our Treasurer, Murray Pugh, at treasurer@swimporirua.co.nz

Upcoming Events:

4 September – SWN Metro League (SC) – Round 1

12 September – PCA In-House League (SC) – Round 1 – Cannons Creek Pool

18 September - SWN Metro League (SC) – Round 2

24 September - Gold Coast (LC) - Naenae

Report of Best Times:

If you require a list of your times, please email Keri Martin the Race Secretary at race@swimporirua.co.nz and they will be sent back to you.

Club Contacts:

President (Viv Morton)	234-7071
Secretary (Libby Lucas)	021-057-5197
Treasurer (Murray Pugh)	021-247-7730
Race Secretary (Keri Martin)	021-150-0063
Club Captain (Terry Laws)	021-192-2214
Squad Liaison	
Junior Squad (Jeremy Drummond)	021-729-228
Senior Squad (Adele Lloyd)	027-244-3035
Officials Co-ordinator (Adele Lloyd)	027-244-3035
Uniforms (Andrew Wilkinson)	021-986-533
Newsletter	e-mail info@swimporirua.co.nz

Health and Safety

Health and Safety Plan:

PCA maintains a current Health and Safety Plan that sets out the following:

The purpose of the Plan and the key participants affected by the Plan

- A **Critical Risks Analysis** that shows risks identified as being of significant concern:
 - Risk type
 - Associated hazards
 - Risk assessment and risk score (unmitigated)
 - Participants most at risk
 - Risk controls established to minimise or eliminate the risk
 - Primary and support responsibility for maintaining each risk control
 - Purpose of each risk control
 - Residual risk assessment and risk score (mitigated)
- How PCA will maintain focus on Health and Safety
- How incidents will be responded to and learnt from
- A description of the Health and Safety responsibilities of all participants
- How the plan will be communicated to participants
- The date of approval of the plan and its next review date
- An appended **Detailed Risk Register** in relation to Cannons Creek Pool and Arena Aquatic Centre with identified risks assessed against the 'PCA Risk Assessment Matrix' to determine unmitigated and residual risk levels.

PCA and PCC – Working together for Swimming Health and Safety:

Porirua City Aquatics (PCA) is a community focused competitive swimming club offering the public and members learn to swim, training, coaching and competitive swimming and officiating opportunities.

Porirua City Council (PCC) provides, maintains and staffs swimming pool facilities at Cannons Creek and Arena Aquatic Centre, making these two facilities available to PCA for its activities.

Health and Safety and Swimming:

Swimming is both a recreational activity and sport which can involve injury - despite all reasonably practicable measures having been taken to eliminate or minimise the risk of injury.

Recreational and sporting participants need to be aware of the risks involved.

Health and Safety is not about stopping work or an activity, it is about making the work or activity that a person or group of people choose to do as safe as possible.

Responsibilities and Purpose:

Together PCA and PCC are responsible for the health and safety of PCA participants in the use of the pools.

The PCA Health and Safety Plan sets out how these responsibilities are shared, risks are managed, how any incidents are responded to, and how this plan is communicated and maintained.

All participants in swimming have responsibilities for Health and Safety:

A wide range of people have responsibilities under this PCA Health and Safety Plan.

They include:

- PCA staff and Officers, including the President, Club Captain, Secretary, Treasurer, Registrar, race Secretary and Committee members
- PCC staff and Officers, including the Chief Executive, Health and Safety Officers, Pool Managers, and Life Guards
- PCA Club members, including club and squad swimmers and their parents/caregivers
- Children taking learn to swim lessons and their parents/caregivers
- PCA volunteer and paid Coaches and Team Managers
- Team Managers, Coaches, swimmers and their parents/caregivers from visiting competitive swimming clubs and swim schools
- Competition Officials

Swimming teachers, coaches, team managers, competition officials, Life Guards and pool staff all need to understand this Health and Safety Plan so they know what risk controls they are obliged to implement.

Coaches and swimming teachers in particular need to be competent in what they are teaching/coaching in relation to the age and ability of the swimmers they are responsible for.

Other participants, including swimmers and their parents/caregivers, need to understand the intent of this Health and Safety Plan in order to support those implementing the risk controls and to take responsibility for their own health and safety with the knowledge of the risks involved in swimming.

PCA and PCC and their respective officers are obligated under the Health and Safety at Work Act 2015 to ensure health and safety, so far as is reasonably practicable, by protecting workers and other persons against harm to their health, safety and welfare, by eliminating or minimising risks arising from work.