

Aquatic/Iceberger Report – Half Yearly 2025

On behalf of the aquatic category and Iceberger subcommittee, thank you for the opportunity to submit this update for last 6 months (F2025) and for being part of this wonderful institution

The subcommittee was formed to help be a conduit between the club and our group and continues to provide a positive contribution to the operations of the club.

The subcommittee has currently 8 members

Consisting of: Ralph O'Shaughnessy, Carol Spencer- Gardner, Di Greenwood, Sarah Golding, Kathy Roberts, Alison Blacket, Scott Buchanan & Cath Hurley from the RBYC as their representative

The committee meets regularly to discuss and address issues raised by members such are changeroom conditions, club maintenance, water safety and swimming protocols.

One important role is to manage inductions and this year we had a superb event in February welcoming our new members who need to have met a range of criteria such as having swum for a minimum of 2 winters.

Each in their own way expressed what a joy it was to be part of the club and how the cold water swimming contributed to their overall health and wellbeing – it was truly moving to hear each person talk of becoming an Iceberger and being part of the RBYC

We have had some great activities in F25 such as the iconic Winter Solstice Swim (thanks Sam Paynter) and the Olsen Hooper Swim in December put together by an array of Iceberg Characters – Ross in particular a thanks , what a performance !

A key activity on the Calendar is the cold weather briefing held in May which provides everyone a chance to be reminded of the key aspects of cold-water swimming and what to do in certain situations (such as hypothermia) which proved vital on a number of occasions last year.

We also have regular swims and Friday night drinks which is a great way to connect with all members at the Club.

In what is becoming a must attend event , we had our end of year Christmas Lunch (and into evening drinks) – the attendance of over 60 people demonstrated their love for all things swimming and the RBYC – make sure you get there this year !

As of 15th March, there are 140 Aquatic members, however there are another 63 others assorted Members who also class themselves as Aquatic members within their other memberships (EG Senior, Gym, Crew Plus) - giving a total of 203 members who belong to the Aquatic group.

Thanks to Ria for the amazing Iceberger Newsletter, the stories and insights provide a unique view into the lives of not only Icebergs but the world generally.

If you every want to see Icebergs in full flight after they swim, pop into the Café which is awash with people who have finished off their early morning swim and wishing to discuss what's making news or sometimes making news.

Thanks again everyone for making the experience of being and Iceberger and part of the RBYC such a cherished connection and a privilege.

Ralph O'Shaughnessy
Convenor and Loyal servant
Icebergs
2025