

# Rushmoor Youth Swimming



A member of Rushmoor Swimming Association

Newsletter—July 2016

Issue 15



## Welcome

We welcome new pupils to our club. We continue normal lessons throughout the school holidays.

Lessons are only for 30 minutes a week, if you can find the time to swim other than on a Thursday evening it is beneficial to you.

## Water Safety Code

- Spot the Dangers—It may look safe but is it?
- Take safety advise—look for notices and signs, know the flag signals and understand the safety signs.
- Get together—Children should always go with an adult, not by themselves.

## Water Safety

Summer holidays are approaching so a timely reminder on water safety is appropriate.

There are big differences between swimming in a heated swimming pool and open water: -

- Lifeguards may not be around to save anyone in trouble.
- The water temperature is a lot lower giving an increased risk of hypothermia especially if there is a breeze.
- Possibility of waves, water currents and tidal flows.
- Hazards in the water—rubbish, weeds, infection and pollution risks, care should be taken if you have open wounds.
- Problems getting out of the water, slippery steep or high banks. No steps or hand holds
- Can be difficult to estimate water depth
- Know how to get help—mobile phones may not have a signal, but if they do call 112 (or 999) if you need urgent help.

## Important dates

### Term start dates: -

- 3rd November 2016
- 6th March 2017
- 13th July 2017

### Assessment dates: -

- October 13th & 20th 2016
- March 2nd & 9th 2017
- June 22nd & 29th 2017

### Distance swim dates: -

- Distance swims for up to 1500m / 1 mile: - 27th October 2016 & 6th July 2017

Long distance swim 22nd December 2016—1500m or more (a 3 hour session)

## Help required

We are a voluntary, not for profit, organisation. All our staff are unpaid volunteers, they give up their time with the aim of teaching children to swim as a life skill.

If you can give you're your time on a Thursday evening we need your help. All our helpers need full DBS check and be of good character. We need swimming teachers, assistant swimming teachers and poolside helpers. We offer training, subject to contract, after an initial period working with the team. If you can spare 2 hours on a Thursday evening pop in and see us.

## Pool plan for next term

**6:30** Octopus 3 — 10m and treading water practice, Teacher to agree with a main pool teacher as to timing.

**7:00**

Octopus 1

Goldfish 2	F S C
Angelfish 1	
Goldfish 1	

**7:30**

Dive Weeks: - Refer to your pupil registers as for area of pool allocated during dive weeks.

Octopus 2

Angelfish 3	Angelfish 2
Angelfish 1	Shark 2
Goldfish 1	Goldfish 3

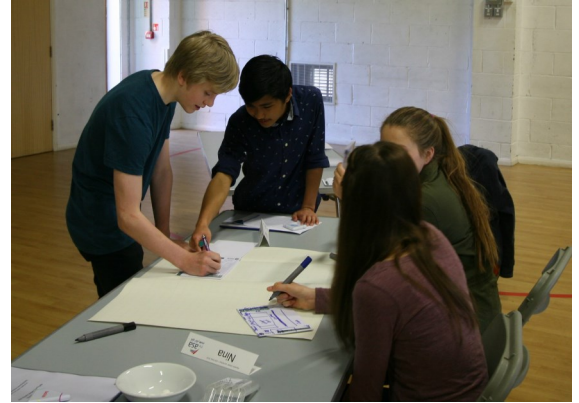
Octopus 3

Shark 1	Angelfish 2
Shark 3	Shark 2
W S Gold	Bronze & Silver

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## ASA Aquatics Helper Course

Four of our younger staff members joined with three from Aldershot Youth and undertook an ASA Aquatics helper course registered through the Institute of Swimming. This involved a 3 ½ hour theory session followed by 3 hours observed working with a teacher plus completing a workbook. All four of our helpers, Bernard (Brian), Cally, Joseph, and Nina, pictured right working on a risk assessment successfully completed the course. Well done, we look forward to when they can progress to their Level 1 Teacher's qualification.



**Last term details**—Pupil Numbers: - 120 pupils in the 18 classes averaging about 7 per class. Pupils reaching the required standard to progress: - 92. Pupils found not quite ready to proceed to the next step: - 16 Our teachers pre-assess the pupils at the end of the course. The pupils who unfortunately miss their assessment are offered a place in the course appropriate to the teachers prediction. Pupils absent from assessments 12 of which: - 8 were expected to pass.

## Water Safety Questions

Octopus and Goldfish pupils have to answer 2 questions from a list of 10 as part of their end of term assessment. Parents can help teach this element of the assessment. A list of questions with possible answers can be found on our web site link can be found through courses, then Octopus or Goldfish.

**Control of children not participating in lessons**—Centre management have shown concern about young children not being sufficiently supervised on the poolside, in the changing room and toilets. Children are roaming around unsupervised in public areas. Parents are responsible for the safety and welfare of their children when not participating in a lesson.

## Some of our General Rules

- 1 Parents are responsible for safety and welfare of their children prior to and after lessons.
- 2 For emergencies a parent or person with parental consent must be on the poolside during lessons.
- 3 Do not interrupt teachers during lessons.
- 4 Pupils should shower before lessons.
- 5 Overshoes provided by centre should be used on the poolside.
- 6 Do not obstruct the fire exit or exit routes.
- 7 Distance swims—reasonable strokes required above 100 metres.
- 8 Inform Mr Bright of any changes of information given on enrolment form
- 9 Clothes should not be left in changing cubicles during lessons, use lockers
- 10 Parents and spectators are to keep to the seated area on the poolside, **DO NOT** cross the area between pools or enter/leave the poolside from the changing rooms

**Information**—Parents, if you would like to receive information and reminders by email, i.e. test date and times, unplanned pool closures etc. send an email to me saying “add to mailing list”: -

Richard@rushmooryouthswimming.org.uk

follow us on  
**twitter**

## The Web

Visit us at: -



Our web site: [rushmooryouthswimming.org.uk](http://rushmooryouthswimming.org.uk)

Twitter: [@rushmooryouth](https://twitter.com/rushmooryouth)

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Information not applicable to web edition