

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association



Newsletter—Issue 20— web Issue



March 2018

Welcome

We welcome new pupils to our club. Lessons are only for 30 minutes a week, if you can find the time to go to a swimming pool to play in the water, or swim, other than on a Thursday evening it is beneficial to you.

Our Staff—All our teaching team are unpaid volunteers who not only give up Thursday evenings but also spend time keeping up their knowledge and skills.

Key staff members on the poolside: -

Jo Travers—Jo is responsible for poolside management, she is the one to speak to if you have a general question.

Lauren Browne—Lauren is our safeguarding officer, speak to her if you have any safety or safeguarding matters to discuss

Richard Bright—Richard is our course administrator and, if not teaching, can answer any technical questions you may have.

Important dates

Term start dates: -

5th July 2018

1st November 2018

Assessment dates: -

14th & 21st June 2018

11th & 15th October 2018

Distance swim dates: -

Distance swims for up 1 hour (1500m / 1 mile): -

28 June 2018

Long distance swim: - 20th December 2018—1500m or more (a 3 hour session)

Long Distance Swim—21st December

Well done to those who took part in our long distance swim, pupils who took part averaged just over 3000 metres, 90 lengths. At an average age of 7 this is an excellent achievement when national statistics claim most children starting senior school cannot swim 25 metres.

Our Newsletters

We have 3 versions of our newsletters issued at the start of each term, pupil, staff and web editions.

Congratulation to Jade on completing her level 2 teacher's qualification

Student Teacher's Course—Richard will be running a STA student teachers course for our younger volunteers together with Aldershot Youth starting with a theory session on 11th March. Practical work will follow over the following weeks.

Supervision on the Poolside / Changing Rooms—Our staff are responsible for pupils during their swimming lesson, Parents are responsible for their children before and after their lesson, in the changing rooms, shower area and out on the poolside. We have staff monitoring safety on the poolside and the centre supplies lifeguards to monitor the pool. There must be a person with parental responsibilities for all pupils available during lessons and supervising their children whilst they are in the changing room, in the shower area and on the poolside waiting to start lessons or waiting for other siblings to start or complete their lessons.

Term Pool Plan

Octopus 3 — 10m and treading water practice, Shark 1 pool section—O3 teacher to inform Shark 1 teacher when space is needed.

FSC
and
Octopus 1

6:30	
Goldfish 1	FSC
Angelfish 1	
Goldfish 2	

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

7:00

Octopus 2	Goldfish 1	Goldfish 3
	Shark 2	Angelfish 3
	Goldfish 2	Water Safety Bronze

7:30

Octopus 3	Goldfish 1	Goldfish 3
	Shark 2	Angelfish 3
	Angelfish 2	Water Safety Silver & Gold

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Water Safety

Summer is approaching and open water seems very attractive on hot summer days. It is important to remember some key safety points: -

Open water temperatures can be a lot lower than swimming pools, sudden emersion can trigger an initial gasp reaction followed by a cold shock response in 1—4 minutes, this can make it hard to breathe and end up gasping for breath, difficult to think, you can become disorientated, have muscle cramps and suffer heart problems, this is caused by the cold restricting blood flow, making the heart work harder. Longer immersion can cause hypothermia even on a warm summer's day.

Rivers, lakes and canals can have other hazards, unfortunately some consider they are the place to dispose of rubbish, there can be vegetation growth which can trap people and if there is a current, drag you underwater.

Canal water has a higher risk of infection such as Weil's disease (normally associated with rat urine).

The water can change depth without warning and be fast moving.

Follow the Water Safety Code

1. Spot the danger—look for anything that may harm you.
2. Take safety advise—look for signs, notices and flags.
3. Don't go alone—Children should have an adult with them.
4. Learn how to help—If you need to get help you got a phone signal?

A big THANK YOU—to all our volunteer staff, teachers, poolside staff and young helpers that attended the assessment evening on the 1st March, they don't get paid but still braved the weather to ensure we could continue.

First Aid Course—14 members of our teaching team attended a St John Ambulance first aid course designed for sports coaches but adapted for swimming incidents—all will shortly have their certificates.

The Web

Visit us at: -

Our web site: rushmooryouthswimming.org.uk

Facebook: [rushmooryouth](https://www.facebook.com/rushmooryouth)

Other clubs in Rushmoor: rushmoorswimmingassociation.org.uk

Rushmoor Swimming Association—Volunteer of the Year

Richard Bright has been awarded the trophy as Rushmoor's Swimming Volunteer of the Year 2017 at their AGM in January. Richard was nominated by a ballot of our staff for his commitment to the club fulfilling many roles.

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

Staff

All our staff are unpaid volunteers

Chairman—Mick Perry

Course Administrator—Richard Bright

Enrolment Secretary—Jackie Kedge

Poolside Manager—Jo Travers

Welfare Officer—Lauren Browne

Web Master—Chris Gillman

Qualified Teaching Staff

ASA & STA Level 2 Teachers —Richard Bright, Chris Gillman,

ASA Level 2 Teacher —Alarnie Yeomans, Natalie Davidson, Jade Allen ASA Teacher —Beryl Yeomans

Teachers—Deborah Down, Anja Harwood

Club Instructors—Mick Perry, Graeme Perry

Aquatics Helpers—Jo Gould, Nina Harwood, Bernard Solomon, Cally Travers