

Rushmoor Youth Swimming

Name _____

A member of Rushmoor Swimming Association



Newsletter—Issue 25—Web Issue



November 2019



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.

Last term

We had 108 pupils attend last term, 96 attended assessments. 78 pupils reached the require standard in all 10 elements of the assessment to progress to the next stage. 18 pupils did not reach the standard in all 10 elements so will be remaining at the same level. 12 pupils failed to attend the assessments, their progress will be determined by their teacher's report.

Christmas break

There will be no swimming on 26th December, the course will resume on the 2nd January. We hope you all enjoy the festive season.

Supervision of children

Parents, or those with parental supervision are responsible for the supervision of children before and after lessons, in the changing rooms and the spectator area on the poolside. A parent must also be available on the poolside during the lesson so that in the rare occasion that are needed there is someone available. It has been noted that parents have taken the opportunity to go shopping in one of the local stores and some just drop their siblings off at the main door.

Newsletters

Every term we issue newsletters, this is the web edition, others are for staff and pupils.

Help required

As you can see below we have lost three of our volunteer teachers, a level one teacher has also left to take up volunteering in netball. We need to replace them as soon as possible. If you can help, especially if you know about swimming please come along and talk to us. DBS checks have to be made on all volunteers over 16.

RSA Volunteer of the Year

Each year we nominate one of our volunteers to go forward to the RSA , please complete your nomination form, Richard will then check the results and submit the person receiving most votes at the RSA's next meeting

Off to University

Elin, Jade and Natalie, three of our swimming teachers have left for a spell at university. We wish them well and hope to see them again during breaks and when they finish their studies.

Term Pool Plan

Octopus 3 — 10m and treading water practice, O3 Teacher to request space from either WSS or Angelfish 3 Teachers when deep water time is needed.

6:30

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

7:30

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

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Follow us

There is the odd occasion when things go wrong at the pool, often at the last minute. We can't make over a hundred phone calls or messages but normally have time to post it on our Facebook page.

We also have a web site where we have information about the courses, diary dates, pool plans amongst other items. There is also a link for our volunteers where there is useful swimming information (volunteers need to speak to Chris for information on how to log in). See below for addresses.

Information—GDPR, Data protection. Information given in the enrolment form plus a record of pupils swimming progress in the club is securely stored electronically and is used purely for club use. Access to data is restricted to those who need to know i.e. teachers, course administrator and welfare officers. Current data, i.e. term registers is in paper form for the duration of the term only. Accident and incident forms are kept securely as required by other regulations.

Data Protection Officer is Richard Bright, for any queries about our records you can contact him by email at :- Richard@rushmooryouthswimming.org.uk

Our Course Coordinator—Towards the end of last term Richard, our course coordinator had a sudden medical emergency. He has undergone major surgery but is now on the road to recovery. He hopes to be back at the pool soon, we wish him a speedy recovery.

The Web

Visit us at: -

Our web site: rushmooryouthswimming.org.uk

Long Distance Swim 19th December 2019

Every December we share the pool with Farnborough Swimming Club so that our more advanced pupils have the opportunity to swim for up to 3 hours continuously some aiming for 5000 metres plus. Pupils must have good strokes and due to the space available (2 lanes) only those capable, and wishing, to swim over 1000m should take part. Scouts wishing to gain their Stage 5 badge need to swim 1000m. There will be no lessons in the main pool but Octopus pupils will have lessons in the small pool.

Goggles—We recommend that pupils learn to swim without goggles. Our aim is to teach children to swim as a life skill, one skill is to be able to save themselves should they accidentally fall into water. We understand that some children need to wear goggles for health reasons otherwise pupils should be encouraged to swim without them. Some aspects of the assessment are undertaken without goggles.

Some of our General Club 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 or Jo Travers 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

Swim England & STA Level 2 Teachers —Richard Bright, Chris Gillman,

Swim England Level 2 Teacher —Anja Harwood, ASA Teacher —Beryl Yeomans

Swim England Level 1 Teachers—Jo Gould, Millie McGowan, Nina Harwood.

Club Instructors—Mick Perry, Graeme Perry

STA Student Teachers—Libby McCabe, Cally Travers, Yasmin Travers, Daniel Treanor.

Aquatics Helpers—Bernard Solomon,