

Rushmoor Youth Swimming



A member of Rushmoor Swimming Association

Newsletter—October 2014 Issue 10



Course Fees

During last term's enrolment & the previous term's assessments, we put a notice out with reference to course fees

Remember—course fees should be paid on enrolling for the course, all outstanding course fees should be paid by within the first 2 weeks of the course. All allocated places not taken up and paid for within the first 2 weeks of the term will be re-allocated to new pupils.

If anyone has problems paying or a valid reason for not taking up the place in time must contact Richard or Jackie to discuss their reasons for not complying.

Well done Melissa—and I take this opportunity to thank her forgiving up part of her summer holiday to gain her ASA Level 2 Teacher's qualification.

Long Distance Swim—18th December

Every year we join with Farnborough Swimming Club to give our advanced pupils a chance to swim long distances, mainly aimed at Shark & Water Safety Swimmers. The swim lasts up to 3 hours and last year our pupils averaged 3000 metres (90 lengths) The swim starts at 6p.m. and we don't take pupils who turn up after 6:30. Minimum distance expected is 1000 metres.

Important dates

Term start dates: -

March 12th 2015

July 9th 2015

5th November 2015

Assessment dates: -

Feb. 26th & Mar 5th 2015

June 18th & 25th 2015

October 15th & 22nd 2015

Feb. 5th & Mar 3rd 2016

Distance swim dates: -

Long distance swim, 1000 metres plus—18th December 2014

Next distance swim up to 1500m / 1 mile—2nd July 2015

No swimming, pool closed, 25th December 2014 & 1st January 2015

Aquatics Helper Course

During next term we will be running an ASA aquatics helpers course for our water helpers (13-16 year olds). To ensure sufficient numbers we have invited Aldershot Youth Swimming water helpers to join us.

Rushmoor Youth Swimming

We are an independent swimming club run by unpaid voluntary staff. We were formed to give local youth organisations a programmed swimming activity. Our aim is to teach swimming and aquatic skills as a life skill. We continue to members of these organisation preference over others. We also aim to keep charges to a minimum.

Water Safety Questions—Octopus & Goldfish

The Swimming Teachers Association have published new guidelines on the Learn to Swim framework we follow. The main change is to simplify the waters safety questions used in the Octopus and Goldfish series.

There are now only 10 questions at each Level.

These questions, with possible answers, are available on our web site.

Web Edition

Our newsletter comes in 3 editions: -

- 1 Pupils and parents edition, this give specific information for the class pupil has enrolled for, time of lesson, assessment date and time, additional clothing (if required) and an enrolment form to be removed an handed to course teacher.
- 2 Staff edition, this gives information on what class they are working with, a pool plan, information on meetings and training events etc.
- 3 Web edition, open to all who wish to view our newsletter.

We are always on the lookout for more help on the poolside, especially qualified swimming teachers. We run the STA's ISWSS scheme from Octopus to Shark plus the Water Safety series. If you can help please contact us, times and contact details available on the site. All staff require an enhanced DBS check before starting with us.

We have a waiting list for pupils, if you have a child who wishes to swim with us it is important to put the child's name on the list, although we give preference to children who are members of a youth organisation in Farnborough we are open to all children. There are opportunities in Aldershot with Aldershot Youth and other clubs, for information see the Association's website <http://www.rushmoorswimmingassociation.org.uk/>

Rushmoor Youth Swimming—Newsletter—October 2014

Care on the poolside

We must remind parents that they are responsible for their children prior to and after lessons, this includes spectator area, showers and changing room. We had a report of a child alone, in the reception area downstairs, in her swimwear and wet. We don't know if she was one of our pupils or from Farnborough Swimming Club. Please ensure this does not happen to your child, the changing room and the rest of the centre are open to the general public and we have no control of these areas.

We have about 80 pupils during each session and a similar number of parents on the poolside. The majority act in a reasonable way, during changeover there is a lot of movement around the pool, about 160 people leaving and 160 coming in, there is often congestion around the shower area. Please remember the seven showers have to be shared by the 160 children in a 30 minute period—you can do the sums. Are you a parent that ensures you child washes hair with shampoo, followed by conditioner and a good rinse? Could this be done at home rather than hog a shower? The most important shower is the one before lessons; if a child arrives late and your child is using a shower could you give preference to the late child.

Please can you ensure the areas in front of the spectator seats, by the fire exit and the walkway around the small pool are kept clear, besides being mandatory under the Fire Safety Regulation it allows free movement for lifeguards, our staff and others.

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

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

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

Some of our General Rules

- 1 Parents are responsible for safety and welfare of their children prior to and after lessons.
- 2 Do not interrupt teachers during lessons.
- 3 Pupils should shower before lessons.
- 4 Overshoes provided by centre should be used on the poolside.
- 5 Do not obstruct the fire exit or exit routes.
- 6 Distance swims—reasonable strokes required above 100 metres.
- 7 Inform Mr Bright of any changes of information given on enrolment form
- 8 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
- 9 For emergencies a parent, or someone with parental consent, should be on the poolside during lessons.

Octopus Lessons—18th December

Octopus lessons in the small, teaching, pool will have lessons as usual during the long distance swim, there will be no other lessons on this night. There will be no normal lessons in the main pool.

Christmas Break

Due to Christmas and New Year's Day falling on a Thursday there will be no swimming lessons on these days.

We will continue the current course on Thursday 8th January 2015

We wish you all a happy festive season and if you can get your child to a pool to practice their aquatic skills it would be an advantage as a break of 3 or 4 weeks is a long time without practicing their skills.

Pool plan for the winter term

Dive Weeks: - The pool is arranged differently on three weeks during the term to give sufficient forward travel in line with HSE guidance

Octopus 3 — 10m and treading water practice will take part in the main pool, Angelfish 3 section, during the course.

