

Rushmoor Youth Swimming



A member of Rushmoor Swimming Association

Newsletter—March 2015 Issue 11



Course Fees

We plan to keep our course fees as low as possible and in issues 9 (last June) we said we would maintain these at £20 for another year. Unfortunately over the past 5 years since we last had to put up the fees the cost of badges and pool hire have gone up annually slowly eroding our assets. As a result, starting with our winter term (November) course fees, including badges with certificates (£1:60) for successful pupils will rise to £25. We will also include in the fees the cost of a distance badge achieved at our distance swims (1 badge per swim, additional, lower distance badges with Certificates can be purchased at a discounted price of £1:50 each.

Aquatics Helper Course

Last term six of our young water helpers attended a course for Aquatic Helpers, a course run through the Institute of Swimming for the Amateur Swimming Association. Congratulations to Alarnie, Jade, Lucy, Natalie, Molly and Sophie. Who all successfully completed the course. Also thanks to Richard for organising the venue, planning and running the course.

Important dates

Term start dates: -

9th July 2015
5th November 2015
10th March 2016

Assessment dates: -

June 18th & 25th 2015
October 15th & 22nd 2015
Feb. 25th & Mar 3rd 2016
June 16th & 23rd 2016

Distance swim dates: -

Distance swim for up to 1500m / 1 mile—2nd July 2015 & 29th October
Long distance swim, 1000 metres plus—17th December 2015
No swimming, pool closed, 24th & 31st December 2015

Long Distance Swim—18th December 2014

This annual event held in conjunction with Farnborough Swimming Club to give pupils of both clubs a chance to swim continuously for up to 3 hours. For us the swim is aimed at our more advanced pupils (Shark and Water Safety pupils). This time our swimmers, average age of 11, averaged over 3300 metres (2 miles) continuous swimming. Well done to all especially Joseph who swam 6000m (3¾ miles) and Samuel, determined to better his older brother, swam 5000m, his brother, Daniel, swam 3000m at our long distance swim in 2009.

Web Edition

Our newsletter comes in 3 editions: -

1. For pupils and parents, 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 and handed to course teacher.
2. For Staff, this gives information on what class they are working with, a pool plan, information on meetings and training events etc.
3. The 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 Water Safety Gold. 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.

Vote for us: -

Magnet Trade

Community Champion

To help us keep our course fees low
vote for us on: -

[http://community.magnettrade.co.uk/
cause/rushmoor-youth-swimming/](http://community.magnettrade.co.uk/cause/rushmoor-youth-swimming/)

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Help required

We are constantly looking for help on the poolside, one of our teachers has resigned to take up a paid job outside swimming another may soon leave us for university study. We are hoping some of our aquatics helpers will be completing a swimming teachers' course and take their place but we still require more help.

There are various rolls from qualified swimming teachers to general poolside supervision. Training is available and for regular volunteers and refunds for some courses are available subject to their attendance record.

None of our volunteers receive any payment for their work with us

If you can help us on the poolside from 18:30 to 20:05 on a Thursday evening please speak to Mick or Richard on the poolside or contact either of us by email, see contacts on our web site.

All our volunteers over the age of 16 require a BDS check (was CRB).

Child safety—During the last term, once again, we have found a child left at the pool for lessons with no one having parental responsibility. A second child was found by the centre's staff downstairs, by the entrance doors, wet and only in swimwear, waiting for a parent to arrive.

Every child must have a person present to take care of the child before and after lessons also to cover any emergency that may arise during lessons. This is not the time to do the shopping.

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)

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Water Safety

Easter is approaching and summer is just around the corner 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

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.
- Know how to get help—mobile phones may not have a signal, but if they have one call 112 (or 999) if you need urgent help.

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

Pool plan for next term

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

6:30

Octopus 1

Goldfish 2	F S C
Angelfish 2	
Goldfish 1	

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

7:00

7:30

Octopus 2

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

Octopus 3

Shark 3	Shark 2
W S Bronze	W S Silver
W S Gold	Goldfish 3