

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—March 2014 Issue 8



New Syllabus

This term saw the introduction of the new International Learn to Swim programme. This Swimming Teachers Association programme is the one our school uses to teach safe water skills and swimming. Our teachers have been teaching the new skills in the package.

They all need a big thank you for adapting their lessons to the new programme.

Staff news

Derek Wood has offered to take on the role of our welfare officer.

Richard Bright has completed all the new Ofqual requirements for professional swimming teachers.

Important dates

Term start dates: -

July 10th 2014
October 30th 2014
March 12th 2015

Assessment dates: -

June 19th & 26th 2014
October 9th & 16th 2014
Feb. 26th & Mar 5th 2015

Distance swim dates: -

Up to 1500 metres / 1 mile
3rd July 2014 & 23rd October 2014, pupil can attempt up to 200m from 6:30 to 7p.m. or longer distances from 7 to 8p.m.
Long distance swim, 1000 metres plus—18th December 2014

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

Vacancies: -

We are always looking for adult help especially if you have teaching skills and a knowledge of swimming, we need staff to answer parents questions, act as diligent eyes looking out for potential issues on the poolside plus shower and changing room areas.

A DBS check will be required prior to starting

More details from :-

chairman@rushmooryouthswimming.org.uk
or speak to Mick or Richard on poolside.

Goggles

Back in issue 6 we mentioned the dangers with poorly fitted goggles and that we prefer children to learn to swim without them. Other than just seeing we use our eyes to help with orientation and estimating distance, should a child fall into water and not be accustomed to opening eyes in water it will reduce their ability to orientate, know where they are, which way up they are and to see where to go. Unless there is a real medical reason or they need prescription goggles we would strongly advise parents to encourage learning to swim without them.

We know you will see most competitive swimmers using goggles, it does help seeing underwater, these swimmers need to see pool markings clearly to perform accurate turns at speed from a greater distance.

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 1	F S C
Angelfish 2	
Goldfish 2	

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

7:00

7:30

Octopus 2

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

Octopus 3

Shark 2	Angelfish 3
Shark 3	WS Silver
WS Bronze	Angelfish 1

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Long distance swim 21st November 2013

We had a very successful swimming session, our pupils who took part averaged 3000 metres, almost 2 miles. At an average age of 10 years it was a marvellous achievement. 3 Swimmers, Jade, Sophie & Danielle achieved distance of 5000 metres. The next long distance swim will be on the 18th December 2014 there will be two shorter distance swims, 3rd July and 23rd October where our pupils can swim up to 1 hour.

Important—Hair

For safety reasons it is important that pupils with long hair have it tied up or enclosed in a swimming cap. This applies to all pupils where the hair is long enough to reach round to the mouth and / or cover eyes.

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

The Web

Visit us at: -

rushmooryouthswimming.org.uk
and

follow us on
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Additional Pool Time

Our pupils only have 30 minutes a week with us, to help them improve their water skills we advise additional sessions in the pool. Key skills for safety in water are: - Aquatic breathing, balance, buoyancy, co-ordination, movement through water, orientation, rotation, sculling, & treading water. All of these skills can be improved by playing games in water (even blowing bubble in the bath). With these skills strokes come easier.

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.

Showers

It is important for swimmers to have a shower prior to lesson, there are only 7 showers to share between the 50 pupils we have for each session each having a shower before and after lessons, some pupils are hogging the showers and a few are playing about a bit too much. Our rules indicate it is the parents responsibility for the safety and welfare of their children prior to and after lessons—this includes time spent in the showers. Please ensure your child understands the need to behave in the showers and, as there is limited time per pupil, no playing in the showers.

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.