

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—July 2014 Issue 9



Pool Fees

In issue 6 (July 2013) we said we aim to keep pool charges as low as possible. At the moment Badges remain at £1—60 and pool charges have risen again by 3 %

However our numbers have remained steady, fewer parents have defaulted on paying fees or requesting places and not taking them up.

As a result we will be keeping the term fees at £20 (including badge with certificate for those who pass assessments) for at least 1 more year.

Thanks—I wish to thank all our staff who volunteer their time free of charge, not even claiming expenses—this is the main reason we can keep our fees low.

Richard Bright (Course Administrator)

School Holidays

The summer holidays are rapidly approaching. First a reminder—we continue normal lessons throughout August. It is also a time when our pupils have time on their hands, additional pool / water time other than the weekly 30 minute lessons with us are useful, we hope they can attend a pool to have fun. Playing in the water improves their key skills for safety in water.

Octopus & Goldfish pupils are instructed on water safety including the dangers of swimming in open water. It is important to note that swimming in cold water is not the same as in a heated pool it can reduce the ability to use the key skills and endurance. Take extra care and stay safe.

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 and 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/>

Important dates

Term start dates: -

October 30th 2014

March 12th 2015

July 9th 2015

Assessment dates: -

October 9th & 16th 2014

Feb. 26th & Mar 5th 2015

October 15th & 22nd 2015

Distance swim dates: -

Up to 1500 metres / 1 mile

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

Summer meeting

Our staff held a training seminar, inviting Aldershot Youth. Staff took an active part in the training and, considering they are all non-paid volunteers, parents & pupils should praise their dedication to the club. Prior to the seminar we had a long discussion on how to ensure classes or full. As of next term starting in October we will not hold places after week 2 of the course for parents requesting places and not taking them up. Any place not paid for by week 2 will be filled from our waiting list unless due notice, with a valid reason is given.

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Water safety

If you are on the beach this summer or by any water—canal lake, pond, river, or stream remember to stay safe and follow the water safety code: -

Never go alone—go with a friend who can help if you get into trouble, always let someone know what you are doing and where you intend to go.

Spot the dangers—slippery banks and edges, weed and rubbish in the water, currents, waves, weirs, locks and deep water. Also the water can be cold. Have fun but don't fool around

Take safety advise—listen to advise from lifeguards, look out for notices and know the meaning of signs: -



Lifeguards on patrol



Danger, **never enter water**



Safe for watercraft, **not safe to swim**



No swimming



Deep Water



Strong undercurrents



First Aid

Know how to get help—keep calm, think before you act. Shout as loud as you can for help. Is there a pole, stick, towel or anything you can reach with; Is there something that floats a ball or bottle, a rope to throw. Only go in if you have been trained in lifesaving—**NEVER GO IN ALONE TO HELP ANYONE**

Call 112 it works throughout Europe including the UK or 999 UK only, for emergency services—Ambulance, Police, Fire and Maritime Rescue, keep calm tell them where you are and what has happened.

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: www.rushmooryouthswimming.org.uk

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

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

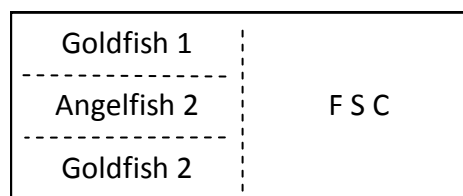
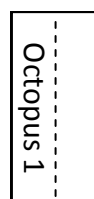
Some of our General Rules

- 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.

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



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

7:00

7:30

