

Rushmoor Youth Swimming

A member of Rushmoor Swimming Association



Newsletter—Issue 21—Web issue

July 2018

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.

Annual General Meeting

Our volunteer staff held our AGM last month. Some points of interest are: -

- 1 Course fees will remain at the current price of £25 per term inclusive of badge and certificate to those who reach required standards for another year.
- 2 Officers of the club will remain the same, see web edition for more details.
- 3 We will be losing 3 teachers to university next year so will be looking for more volunteers to take their place.

Not knowing what will happen with the redevelopment of the Centre is a concern but we will have to wait and see

Important dates

Term start dates: -

- 1st November 2018
- 14th March 2019

Assessment dates: -

- 11th & 18th October 2018
- 28th Feb & 7th March 2019

Distance swim dates: -

- Distance swims for up to 1 hour (1500m / 1 mile): -
- 25th October 2018

Long distance swim: - 20th December 2018—1500m or more (a 3 hour session)

Seating at the Pool

Whilst the seating at the pool is out of use and the temporary seating is in place please keep the remaining walkway as clear as possible. Teachers have to observe pupils from all angles and it may be necessary to move quickly in an emergency if a pupil needs help.

Our Newsletters—We have 3 versions of out newsletters issued at the start of each term, pupil, staff and web editions.

New Volunteers required

In September 2019 we some of our younger staff will be off to university and will be leaving us during this period. We need to replace them. If you have an interest in swimming and would like to join us come along on a Thursday and talk to us. An enhanced DBS check is required before starting. Training is available

Supervision on the Poolside / Changing Rooms—Our staff are responsible for pupils during their swimming lesson, Parents are responsible for their children before and after their lesson, in the changing rooms, shower area and out on the poolside. We have staff monitoring safety on the poolside and the centre supplies lifeguards to monitor the pool. There must be a person with parental responsibilities for all pupils available during lessons and supervising their children whilst they are in the changing room, in the shower area and on the poolside waiting to start lessons or waiting for other siblings to start or complete their lessons.

Term Pool Plan

Octopus 3 — 10m and treading water practice, WS Gold pool section—O3 teacher to inform WS Gold teacher when space is needed.

6:30

FSC and Octopus 1	Goldfish 2	FSC
	Angelfish 1	
	Goldfish 1	

7:00

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

7:30

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

Rushmoor Youth Swimming—Newsletter—July 2018

Water safety

If you are on the beach this summer or by any water—canal lake, pond, river, or stream remember to stay safe, protect yourself from the sun 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 water-
craft, **not safe
to swim**



No swimming



Safe for water-
craft, **not safe
to swim**



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—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.

Richard Bright, our course administrator, has taken on the role of Data Protection Officer—

Richard@rushmooryouthswimming.org.uk

The Web

Visit us at: -

Our web site: rushmooryouthswimming.org.uk

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

Other clubs in Rushmoor: rushmoorswimmingassociation.org.uk

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

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

ASA & STA Level 2 Teachers —Richard Bright, Chris Gillman,

ASA Level 2 Teacher —Alarnie Yeomans, Natalie Davidson, Jade Allen. ASA Teacher —Beryl Yeomans

ASA Level 1 Teachers—Anja Harwood, Elin Harwood

Club Instructors—Mick Perry, Graeme Perry

STA Student Teachers—Chloe Freeman, Yasmin Wise

Aquatics Helpers—Jo Gould, Nina Harwood, Bernard Solomon, Cally Travers