

Rushmoor Youth Swimming

Name _____

A member of Rushmoor Swimming Association



Newsletter—Issue 23—Web Issue



March 2019



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.

Assessments

Please make a note of your child assessment date & time, assessments can only be taken on the evenings and at the times given (see your course, right) allocated for the class. Teacher's give an appraisal of each pupil and if a pupil fails to turn up for an assessment we will allocate a place in the appropriate class for the next term. As the pupil was not assessed the badge and certificate will be held back until the next assessment at the end of term following term, this is in place for genuine reasons if a pupil does this too often they will remain at the same level until assessed.

Important dates

Term start dates: -

4th July 2019
7th November 2019

Assessment dates: -

20th & 27th June 2019
17th & 24th Oct 2019

Distance swim dates: -

Distance swim for up to 1 hour (1500m / 1 mile) - 31st October 2019

Long distance swim: - 19th December 2019—1500m or more (a 3 hour session)

Keep Safe Outdoors Summer is approaching and we get out and about more often. Open water has more hazards than swimming pools and there are rarely lifeguards around. Sudden emersion into cold water can be a killer. A person may be able to swim for long periods and often long distances in a heated pool but sudden emersion by jumping into cold water is risky together with the risk of hypothermia even for only a short time.

Newsletter—We publish 3 editions of our newsletter, Web, Staff and Pupil editions at the commencement of each term. We run 3 terms per year and continue through school holidays.

Staffing—We are always on the lookout for new adult volunteers especially those with either a reasonable knowledge of swimming and / or with teaching skills. Although we do not pay or volunteers the reward for seeing our pupils progress and become safe in the water is worth the time spent assisting. If you can help in any way please come along and talk to one of our staff members. Subject to a satisfactory DBS check we will welcome you to our team.

Supervision on the Poolside/Changing Rooms—Our staff are responsible for pupils during their swimming lessons only, 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

6:30

FSC	Goldfish 2	FSC
and	Angelfish 2	
Octopus 1	Goldfish 1	

7:00

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

7:30

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

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Thank You and Well Done

Three more of our volunteers have given up their time to gain qualifications so that they can forward their work with us. Anja and Elin gave up 8 Days of the half term break to take their ASA Level 2 Teachers qualification and Millie gave up 4 days to gain her level 1 Teachers qualification

This shows commitment and dedication to volunteering. Remember none of our staff get paid for their work.

Congratulations

Natalie Davidson has been chosen by the Rushmoor Swimming Association (RSA) as Rushmoor's volunteer of the year for 2018. Natalie was chosen as our representative by our volunteers in a ballot, she joined us as a pupil in 2008 working through from Octopus 1 to Gold. She joined our volunteer team as an aquatics helper in 2014 progressing through Level 1 Teacher to a Level 2 Teacher. Natalie also volunteers for Farnborough Swimming club and currently teaches our beginners in the teaching pool.

The RSA is an association of all the swimming clubs in Rushmoor that uses both Aldershot and Farnborough pools.

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.

Data Protection Officer is Richard Bright, for any queries about our records you can contact him by email at : - 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

Badges for Youth Organisations

The Scout Association has linked their staged swimming activity badges to the STA qualifications, a number of our staff, Richard, Jo and Chris have completed the online course to assess these badges. The Scout Stage 1 requires the minimum of Angelfish 3 + 25m and Stage 5 Gold + 1000m.

St John do not specify awards but expect their children to show improvement over a period of time. Unfortunately The Guide association has discontinued the Brownie's swimming badge. Guides don't have a swimming badge either.

Some of our General Club 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 —Natalie Davidson, Jade Allen. Anja Harwood, Elin Harwood, ASA Teacher —Beryl Yeomans

ASA Level 1 Teachers—Millie McGowan

Club Instructors—Mick Perry, Graeme Perry

STA Student Teachers—Chloe Freeman,

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