

Look out for our September 2011
Issue 25 Coming soon.....

What's in this months issue...

Chairman's Letter

Water Dangers - Spot he difference
(see inside the centre page for more details)..

Dates to Remember

Star Joke

Colour Me In ...

Open water Dates an Times.....

Hot News ...

Swim Nights ...

Visit our Website for downloads, information, photographs
and lots more....

Anything to add.....

Contact us via Text message to 07989 475 498
email us on lifesaving.club@ntlworld.com or
www.broadwayandfailsworthlifesavingclub.co.uk

Splash...



Broadway and Fails-
worth
Life saving
Magazine



The Editor...

Splash magazine..
WELCOME splashers,

We have now completed our 5th Open Water at Debdale

If you have anything you want to add to your magazine please contact to Gaynor on 07989475498...

If you have any news, photographs or information you would like to share. Contact me.

Our Aim is to keep members informed about What's On Next, Competitions and Celebrations and more.....

Call or Text me on
My Mobile 07989 475 498

Gaynor xx



Hot news

WELCOME Everyone,

Do you know of any who can swim 50m confidently and interested in becoming a Rookie.. If yes, Bring them along to our next session and let them try it out

**Bank Holiday—
Closure Monday 29th August 2011**

Open Water Dates—please check inside for dates and times or check on our **WEBSITE**

Visit our web site
www.broadwayandfailsworthlifesavingclub.co.uk
We have a Membership Forms, A New Calendar of Events coming soon. Lists of our Opening Times. Photographs, Write-ups and lots more...

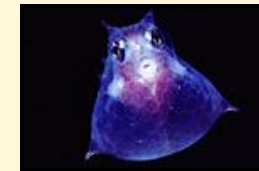
To Look us up on **FACEBOOK** search for **Broadway and Failsworth Lifesaving Club** under the pages section and click "Like" to follow the club. Also Follow us on **TWITTER** the address is **@BandFLSC**

Our **ONLINE** Issue of **Splash** is full of extra Information..... **Take a visit today...**

Colour me...



Debdale & Fleetwood Open Water 2011 Photographs available from **GAYNOR**
Please ask for details



Top Ten Lifesaving TIPS for Open Water

1. Always tell someone where you are going
2. Never take inflatable's into the sea
3. Be aware of Jellyfish
4. Know your Flags
5. Never Tombstone
6. Always wear some type of footwear in the sea
7. Check for dangers
8. Wear suitable clothing as the water can be colder than you think
9. Be aware of rip currents
10. Always wear Sun block

Joke

Which side of a chicken has the most feathers?
The outside..

**Club Chairman -
Centre Co-ordinator**
Danny Wood

**Club Secretary, Treasurer,
Int. Verifier -**
Elaine Ratcliffe

Teachers -
Danny Wood—Pool/Beach TA
Paul —Beach TA
Jim —L/saving TA
Dave —Pool TA

Assistant Teachers -
Nikita

**Membership/Open Water
Co-ordinator—
Photographer**
Gaynor Anderson

Committee -
Karen

Swim Nights are:-

Monday Evenings 8-9pm
At Broadway Baths
Tel: 0161 681 1060

Wednesday Evenings 7-9pm
North City—Harpurhey
Tel: 0161 277 1900
0161 277 1901

If your friends can **swim 50** meters or more on there Front and Back, Why not bring them training.
Everyone is welcome

Regular Spots

- Hot News
- Swim Nights
- First Aid
- Photos
- Spot the difference Page
- Dates
- From Danny
- From Elaine

Road watch News

There are Road works at the M60—J21 (Near the Boat and Horses) travelling towards the M62. Please make sure you allow plenty of time if you are travelling on this stretch of road as it is down to 2 lanes only, and predicts slow moving traffic. There are Speed restrictions of 40mph/50mph with possibility of slip road closures in the evenings. This is from May through to September 2011

News From Elaine

Hi Everyone,

Facebook

I have been handing out a notice recently which lists some of the ways that the club is keeping in contacting with its members. Can we make sure that everyone has access to Facebook on your phone or your parents have Facebook on their phone as this is the way we will be contacting you to let you know if the pool is closed or an event is not going ahead because of the weather.

Jo called into the club on Wednesday and many of you met her. She will be monitoring Facebook, and Twitter, so will you please encourage your family and friends to use it. We have a full page so we want things posted for example how you enjoyed the open water or the session in the pool. What you are getting up to, photographs etc, etc.

Open Water

How many Open Water 2011 events have we had so far, I think that the next one on the 17 July at Fleetwood is our fourth. The one last week was brilliant, I know you all had a brilliant time because you didn't want to come out of the water. The weather was superb.

Make sure that you know what you are supposed to be doing at Open Water and make sure you work within that group. There was a lot of you arriving before 9.30am at Debdale, fortunately for us, this time, there wasn't any other group on the water, can you make sure you arrive on or after 9.30am as we get in the way.

Photograph's

Don't forget, if you do NOT want our photographer to take your picture during the Open Water events please provide us with a head and shoulders photograph so that we know who you are.

Membership

Everyone should have Club membership by now, and if you don't, you must get membership next week. Anyone found without membership will not be able to train at the club until such time as a membership payment is received.

If you have any issues or problems please do not hesitate to talk to me, if you want a confidential chat please tell me that. See you in the next issue .

Elaine Ratcliffe

Open water dates

22nd May 2011	Debdale	09.30am	Sunday
19th June 2011	Fleetwood	12.50am	Sunday
3rd July 2011	Debdale	09.30am	Sunday
17th July 2011	Fleetwood	11.50am	Sunday
31 st July 2011	Debdale	09.30am	Sunday
14th August 2011	Fleetwood	10.50am	Sunday
4th September 2011	Debdale	09.30am	Sunday
18th September 2011	Fleetwood	1.30pm	Sunday

Full OPEN WATER KIT must be worn at all times.

Swim wear (Costume or Shorts), T-shirt, Wet Suit, Yellow Club T-shirt, A Quarter Hat (available at registration on instruction) and Wet shoes or Old trainers). NO JEWELLERY

Please note: No-one should enter the water until instructed to do so. Thank you

Wetsuits can be hired from the club (limited Sizes available) for the season with a Non-refundable deposit of £5.00

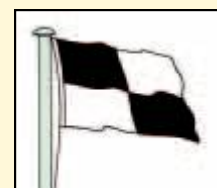
Wet shoes are available from Wynsors or any large shoe store.

Wet Suits—Full Length and 3/4 Length are available from TESCO Direct and have a large range of Children and Adult Sizes. *(Check out there website)*

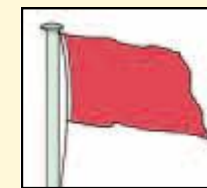
Rash Vests/ Neoprene Gloves are also available from Tesco at reasonable prices



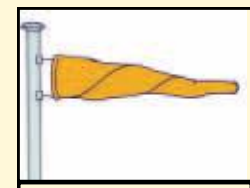
Red and yellow flags mark areas of water that are patrolled by lifeguards. These are the safest places to swim



When you see black and white chequered flags, it means an area of water has been marked for use by craft. For your own safety, do not swim in these zones



The red flag indicates danger. Never enter the water when the red flag is flying



An orange windsock flying at the beach indicates that wind conditions are especially dangerous – so under no circumstances should you take an inflatable into the sea

News From Danny

Hi, Everyone.....

This month the RLSS has brought out its new awards, this aim for the 12-15 Year olds and we at Broadway are one of the first to try it. I have ordered the tutors book and will be hoping to begin around Christmas. I can tell everyone more next month.

Open water last weekend was great again, the water was warm, just a good day thank you.

Danny Wood
Chairman
Broadway and Failsworth LSC

MEMBERSHIP 2011

YEARLY MEMBERSHIP FEES

£21.00 18 + years
£16.00 17 and under years
£25.00 Family

WEEKLY SESSION FEES

£4.00 18 + years
£3.50 16-17 years
£2.50 15 & under

It is Important you bring your **Full Kit** with you to **All training** sessions, as failure to do so may result in **YOU NOT being able to Swim**.

Swim Nights are:-

Monday Evenings 8-9pm
Wednesday Evenings 7-9pm

If your friend can swim 50 meters or more, Why not bring them training. All are welcome

PLEASE Note:

Over several issues of our *SPLASH Magazine* there has been little or **NO ENTERIES** to the crossword competition.

I Have now changed the centre page for the summer so please take a look...

Open water wet suits can be Hired from the Club at £5 per season with a NON-Refundable Deposit..

**Open Water Wet shoes can be bought from Wynsors With a variety of styles to suit all ...
From as little as £5**



Hello Splash Readers

Most people today, if you are like me, are absolutely fed up with Comparing prices from one provider to the next.

However I have found a way of seriously **SAVING** money You probably wont have heard of the company because they don't advertise - so they pass on the huge savings of not advertising to their customers. Can you imagine what some of the major companies pay on advertising and who pays for that advertising? Or course, we do. This company works on word of mouth, and word of mouth is the best advertising ever.

I pay for services in arrears; for example a bill is received in the second or third week in January. This bill is for December usage I don't actually pay for it until the end of January.

How cool is that! And because there are no contracts in sight I can leave any time I want to, but believe me. I won't be leaving. I just wish I had used this company sooner.

Please phone me any time on [0161 211 9837](tel:01612119837) or [07789 383 699](tel:07789383699) (if I don't answer please leave a message with your contact details and I will phone you back). If you don't want to phone me please speak to me on a Monday or Wednesday and we can arrange a mutually agreeable time to meet.

Let's get saving money, and not just for a year but for ever!

Elaine Ratcliffe

Did you know you can now download this magazine and see lots more Photographs, information, Forms and the Calendar of Events from the club website

www.broadwayandfailsworthlifesavingclub.co.uk

First Aid

PRIORITIES OF FIRST AID TREATMENT

Wear gloves to protect both yourself and the casualty. This will help to prevent the risk of cross-infection. Carry out a primary survey and quickly assess the condition of the casualty. Deal with life-threatening conditions first.

TREAT IN THE CORRECT ORDER

- Breathing
- Bleeding
- Bones/Burns
- Other conditions (treat and prioritise accordingly)

THE CLEARING-UP PROCESS

Give an accurate account of the situation to the Emergency Services. Complete the accident book and RIDDOR form if necessary. Wear protective clothing and clean up any blood or bodily fluids. Dispose of any contaminated materials in a yellow biohazard bag for incineration. You may need to talk about the incident, especially if the treatment was unsuccessful and you feel that you are unable to cope with your feelings.

CASUALTY COMMUNICATION

Someone who is sick or injured will be scared and may not understand what is being said or done. Therefore, gestures, body language and attitude towards the casualty are critically important in gaining their trust.



999/112

Remember LIONEL

- L** Location
- I** Incident
- O** Other services
- N** Number of casualties
- E** Extent of the injuries
- L** repeat Location

First Aid

FACTORS INVOLVED IN AN EMERGENCY

When alerted to a possible emergency, the first thing to consider is an assessment of the area for any dangers to you, the casualty and any bystanders.

In assessing the area before approaching the casualty, you should follow an action plan.

- STOP** Asses the situation and take a deep breath.
- TRAFFIC** Consider safety at all times. All engines should be turned off. Ask for assistance.
- ENVIRONMENT** Consider your limitations. Are you confident and able to cope when dealing with a collapsed building or someone who is drowning?
- PROTECTION** Use protective clothing or equipment to prevent cross-infection or contamination.
- UNKNOWN** Hazards such as gas, electricity and chemicals.
- PRIORITISE** Think triage i.e. breathing over bleeding over bones/burns and other conditions.

POSSIBLE HAZARDS

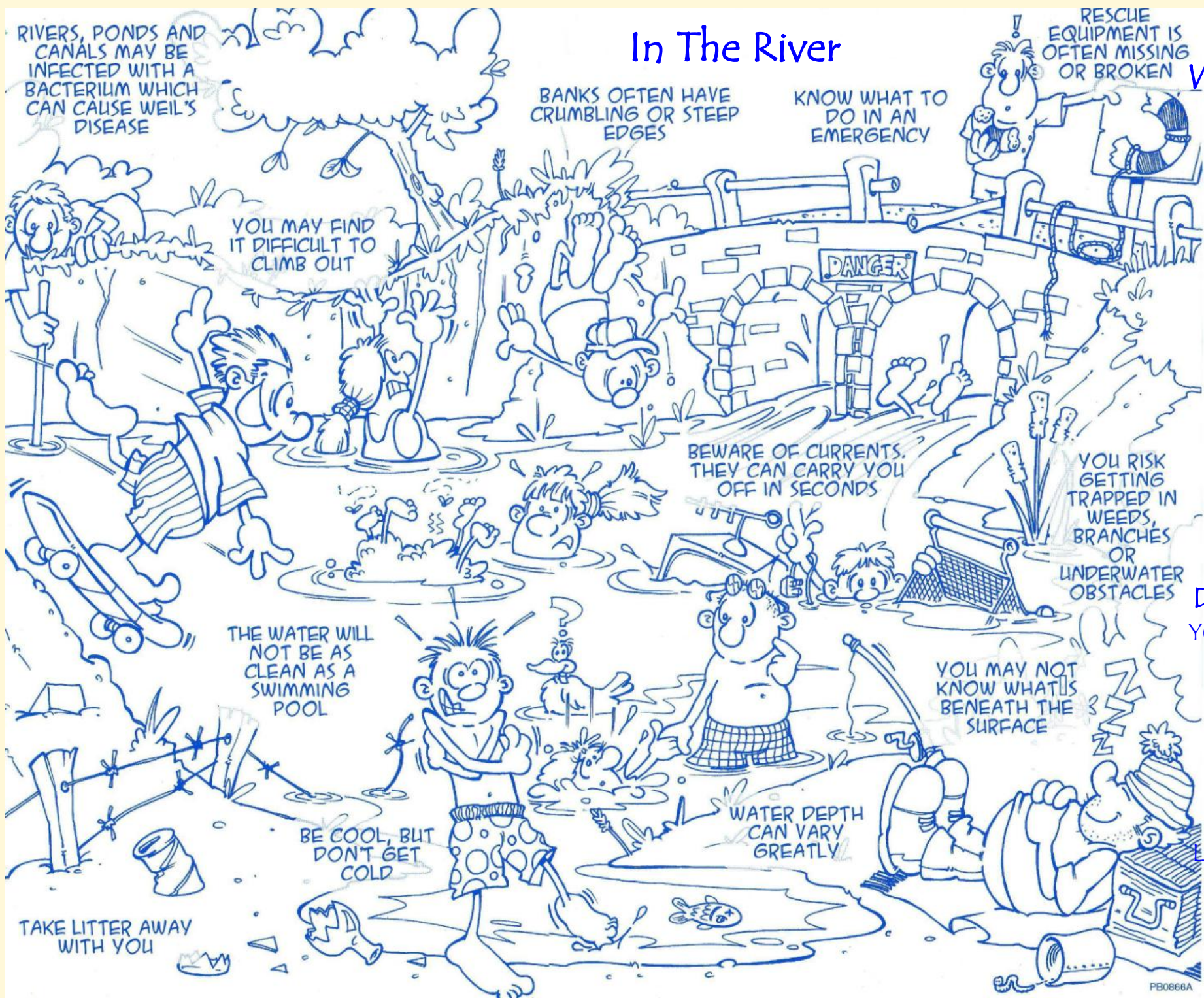
Hazards may include:

- Traffic
- Electricity
- Water
- Buildings
- Fire
- Chemicals
- Smoke and gas
- Bystanders



In The River

THE WATER SAFETY CODE



SPOT THE DANGERS
EACH KIND OF WATER OFFERS A DIFFERENT DANGER
KNOW THEM

TAKE ADVICE FROM SIGNS, LEAFLETS OR PEOPLE

DON'T GO ALONE
YOU MAY NEED HELP

LEARN HOW TO HELP

EMERGENCY REPOSNE SKILLS, RESUSITON AND LIFESAVING ARE ALL WITHIN YOUR CAPACITY

