

Look out for our April 2010 Issue  
.. **Coming soon.....**

What's coming up in our next issue...

Take a Look at the Photo's ....

More Questions and Answers...

**Competition Winners .... Are You one of them**

Enter Our New Competition (see inside in this issue for more details)..

Fleetwood and Debdale dates to Remember

**Star Joke By .....**

Colour Me In ...

**Who's wrote on our Blog Wall....**

PUZZLE PAGE - turn to our puzzle page to  
Do our quizzes, Sudoku and much more

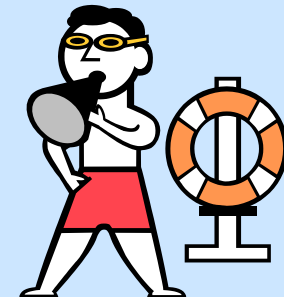
Anything to add.....

Contact us via Text message to 07989 475 498  
email us on [lifesaving.club@ntlworld.com](mailto:lifesaving.club@ntlworld.com) or  
[www.broadwayandfailsworthlifesavingclub.co.uk](http://www.broadwayandfailsworthlifesavingclub.co.uk)



ISSUE 7  
March 2010

The  
Lifesavers  
Magazine



Splash...



The Editor...

Splash .. Our magazine has now been running for eight months and is proving a great way of keeping all our members informed about **What's On Next, Competitions** and Celebrations. We want you to have your say and join in with the fun of this new Mag.

Gaynor xx

## Hot news

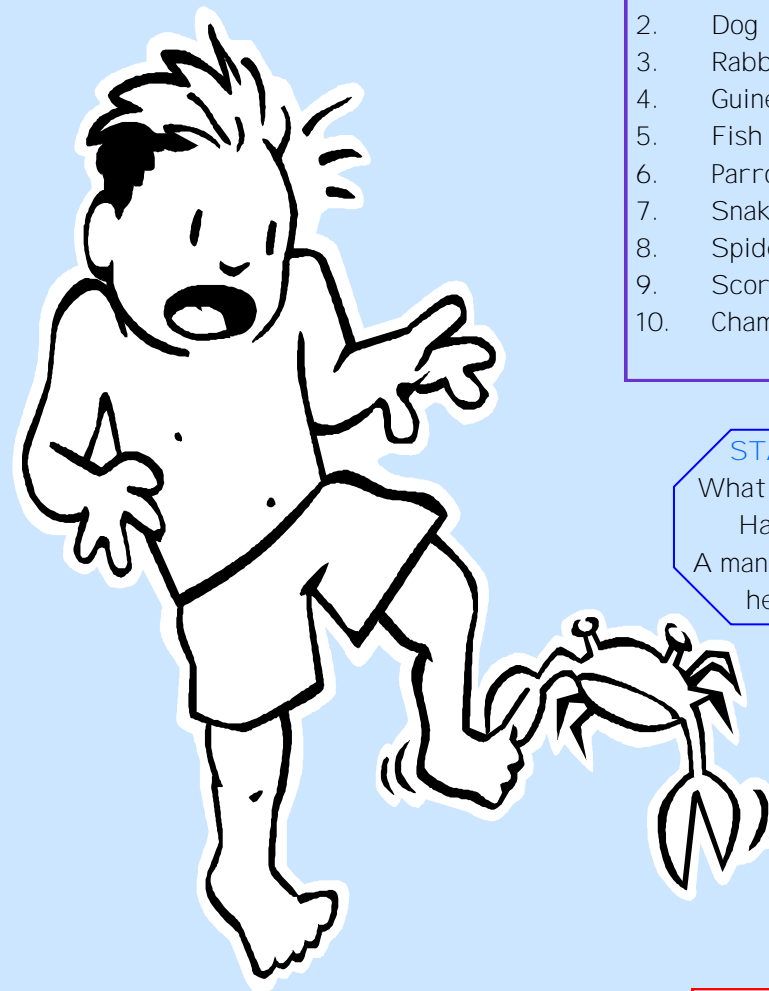
### NOT TO BE MISSED

Open Water at Fleetwood and Debdale Park. Papers are being issued early March 2010

Sponsored Lifesaving event Held in March 2010 at Broadway and Harpurhey Baths (North City Fitness Centre).

Have you visited our web site lately? Did you know you can now download information as well as forms. Visit it today and give me your thoughts such as: what do you want to see more of, what is missing. Tell me about it and I can see what I can do.

## Colour me...



### Top Ten PETS

1. Cat
2. Dog
3. Rabbit
4. Guinea Pig
5. Fish
6. Parrot
7. Snake
8. Spiders
9. Scorpion
10. Chameleon

### STAR JOKE

What goes Ha Ha  
Ha Clunk??  
A man laughing his  
head OFF

**Club Chairman -**  
Danny Wood  
**Club Secretary, Treasurer,  
Centre Co-ordinator & Int.  
Verifier -**

Elaine Ratcliffe

**Teachers -**

Danny Wood

Paul

Jim

Dave

Emma

**Assistant Teachers -**

Sam

Nikita

Lisa

**Membership/Open Water  
Co-ordinator -**

Gaynor Anderson

**Committee -**

Karen

Karen

Marie



### Regular Spots

- Blog Page
- Pin Up
- Q & A
- Puzzle Page
- Birthdays
- Dates
- Did You Know??
- From Danny
- From Elaine



Debdale &  
Fleetwood Open  
Water 2010  
Photographs  
available from  
**GAYNOR**

## Questions & Answers

### ANSWERS TO February's PUZZLES...

Test your knowledge:-

- Q1. A) Ear Q2. B) Nerves  
Q3. B) Monoclonal Q4. A) Hyoid  
Q5. C) Lactic Acid

The animal that cannot recognise itself is :-  
A Chimpanzee

The amount of blood in the human body is  
B) 1.3 Gallons

An average human eats  
C) 25 tonnes of food in a lifetime

Picture This:- you can pick up a  
bargain from a Car Boot Sale

Sudoku answer :-  $7 + 7 + 6 = 20$

Name the song:- Bad romance by Lady  
GaGa

International radio code for W is Whisky

Bees collect Pollen to make honey

Longest serving Dr.Who is Tom Baker

Leprechauns belong to Ireland

Name 3 Bones: Tibia, Fibula, Jaw, Funny  
bone, Coccyx, etc

Missing word is:- Pay Rise

3 Navel Ranks:- Captain, Admiral, Boson,  
Lieutenant, Navel Lieutenant, Cocks

**Wayne etc....**

Dear Splash,

I have a friend who wants to  
join, what information can I  
give them...

A fantastic Swimmer LOL

Dear Mr/Miss Fantastic

You can tell your friend to  
visit our website

[www.broadwayandfailsworthlif  
esavingclub.co.uk](http://www.broadwayandfailsworthlif<br/>esavingclub.co.uk) for all our  
opening times, kit and even  
download a membership form  
including various others  
forms, even this magazine.

## photographs



Over the Summer months  
Gaynor (our club Photographer)  
will be taking photographs  
during the Open Water/Pool  
Events. Photographs will be  
put on the website and can also  
be bought individually from  
Gaynor. There will also be a  
DVD available after the  
presentation Evening in  
October 2010.

Please feel free to speak  
Gaynor..

Tel no. 07989 475 498



## From Elaine

### Membership Forms

All membership forms must have been completed and handed into Myself or Gaynor by now. YOU must be a fully paid member to take advantage of swimming on club nights and any Open Water event. If you have not renewed your membership, you will not be able to swim, as you are not insured.

### Open Water Events May—September 2010

Open water papers are now being Issued shortly. An we have a list of Open Water events Including a Water Festival on Saturday 31st July 2010, Please have your papers signed and your money in ASAP to allow us to process your forms accordingly. We have a full list of open water dates for Fleetwood and Debdale park including directions, costing and awards. These are also available to see on our website [www.broadwayandfailsworthlif  
esavingclub.co.uk](http://www.broadwayandfailsworthlif<br/>esavingclub.co.uk)  
Please see Elaine or Gaynor if you have any queries or for further details.

### Sponsored lifesaving swim Event—March 2010

This is our 1st Sponsored swim event and we hope everyone will take part and make this successful. Gaynor is the co-ordinator in this project, organising the sponsor pack and is now available from Gaynor or myself. This is a mixture of fun and lifesaving tasks which are taken from real life situations.

Thank you  
Elaine :-)

### Swim Nights are:-

Monday evenings 8-9pm  
Wednesday evenings 7-9pm

Why not bring a friend  
ALL are welcome

Did you know  
**The World's Heaviest Athlete**  
is a Sumo Wrestler weighing  
an amazing 55 stone

### Did you Know

A size 10 women carries  
an average of 100,000  
calories in her body

### ADVERT

You can HIRE Wet suits from  
the club for a Non-refundable  
fee of £5.00 for the season.

Wet shoes are available from  
Wynsors From £3.00 a pair  
(Look out for special offers)

## Open water dates

16 <sup>th</sup> May 2010	Debdale	09.30am	Sunday
13 <sup>th</sup> June 2010	Fleetwood	11.10am	Sunday
27 <sup>th</sup> June 2010	Debdale	09.30am	Sunday
11 <sup>th</sup> July 2010	Fleetwood	10.00am	Sunday
31 <sup>st</sup> July 2010	Fleetwood	*14.00pm *	Saturday
22 <sup>nd</sup> August 2010	Debdale	09.30am	Sunday
12 <sup>th</sup> September 2010	Fleetwood	13.00pm	Sunday
26 <sup>th</sup> September 2010	Debdale	09.30am	Sunday

\* Please note—This date is a SATURDAY Event

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

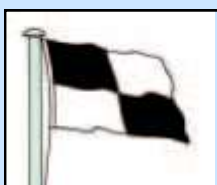
*Please note: No-one should enter the water until instructed to do so. Thank you*

Wetsuits can be hired from the club (limited stock available) for the season at a cost of £5.00 Non-refundable deposit.

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



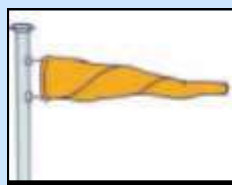
Red and yellow flags mark areas of water that are patrolled by lifeguards. These are the safest places to swim



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



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

INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET  
Inkjet Cartridges

The Lifesaving club are Now collecting HP, Lexmark, Dell. Canon or Tesco Inkjet Cartridges. If you have any or these used cartridges to Donate, PLEASE forward them to Elaine or Gaynor. Thank you ..

## Birthdays

January  
Thomas B&F Lsc  
Jade B&F Lsc  
Nikita B&F Lsc

February  
Azelea B&F Lsc

March  
Katie B&F Lsc  
Harley B&F Lsc  
Carl B&F Lsc  
Michael B&F Lsc

## Sponsored lifesaving swim

Broadway and Failsworth Lifesaving Club are hosting a Sponsored Lifesaving Event on Monday 22<sup>nd</sup> March 2010 at Broadway Baths and Wednesday 24<sup>th</sup> March 2010 at Harpurhey Baths.

Details for this event

To register for this event, we would like you to complete the form below stating your *Team name and member's names in your team.*

Each Team is made up of 2 or 3 (maximum) members.

Everyone entering will receive a certificate, stating Team members and their Names, How many tasks completed and how much money raised.

EACH Team Member who raises £50 or more will each receive their own Gift

**Your team members will be listed in April's Issue of our *SPLASH* magazine.**

This Event along with Photographs will be put on our Website

([www.broadwayandfailsworthlifesavingclub.co.uk](http://www.broadwayandfailsworthlifesavingclub.co.uk))

The aim is to perform as many Lifesaving tasks within 1 hour.

Each Task will have a Task Master and once the task has been performed to the standard required you will be able to move to the next task and so on.

You can ask to be sponsored by per task, per lap or donation, by your Family and friends,

*(Please do not go door to door as this could be dangerous).*

Sponsorship money to be handed in *NO later than 30<sup>th</sup> April 2010.* Thank you.

We would like to ask as many of our members to be involved in this, our First Sponsored Lifesaving event.

You can collect your Sponsor pack from Elaine or Gaynor

# BLOG PAGE

Why not visit our Website  
for Updates,  
Open water /pool details,  
photos and downloads....

Life saving is the  
BEST

Knock knock  
Who's There?  
Adair!  
Adair who?  
Adair once but I'm bored now

If a grape was the size of  
the earth, then the sun  
would be the size of a  
watermelon....

Which is the LARGEST  
Bat and is the most  
important to humans

Answer.....

Do you know  
There are 4 taste buds ,,,,  
What are they??

- 1.
- 2.
- 3.
- 4.

[www.broadwayandfailsworthlifesavers.com](http://www.broadwayandfailsworthlifesavers.com)

I Luv  
Lifesaving  
xx

Get your chance to write a message on our wall,  
who do you want to share it with... txt me now..

**Did You Know??**  
There are about 25,000 different  
types of fish .

Send your Blogs via text message To  
Gaynor Direct on  
07989 475 498

## News From Danny

OPEN WATER 2009—Planning started after receiving the tides in November 2008 and started in earnest in March to plan the Open Water Events. All involved had a meeting at the Boat and Horses in Chadderton, Broadway and Failsworth LSC, Droylsden LSC, Fleetwood LSC, Altrincham LSC and Blackpool Canoe club.

This is the first time we have all got together before the open waters. As we set out are lesson plans and who would take each award, we built on **experience and dedication of each individual's role so everyone knew what they were doing.** This was not going to be a suck it and see programme and over the Summer months we achieved these awards:-

- 13 Rookie Beach Awards
- 4 Rookie Ocean Sea Awareness Awards
- 4 Rookie Sea Awareness Awards
- 5 Assistant Beach Awards
- 5 Bronze Cross Awards
- 5 Silver Cross Awards
- 3 New Beach Lifeguards
- 5 Renewal Beach Lifeguards

So far through the joint collaboration we have exceeded all expectations. Reflecting back over the years, the events that have been staged at Fleetwood have enhanced beach use and made possible developments with local Organisations. The partnership between lifesaving clubs goes from strength to strength. We averaged 45 people per session, this is an outstanding year. I would like to thank all the Teachers and assessors, Young Lifesavers and Lifeguards and especially the members of the various lifesaving clubs who help before, and after these events, without these dedicated helpers Open Water would not happen. Thank you for making 2009 Open water a great success. 2010 is NOW in Full swing.  
Danny Wood, Chairman



# Competition and puzzles

## Test your Knowledge...

1) Which of the following vitamins can control your stress levels??

- A) Vitamin A
- B) Vitamin C
- C) Vitamin D

2) How many Bones are in your hand?

- A) 23
- B) 27
- C) 31

3) What does the term Gerontology mean?

- A) Study of Laughter
- B) Study of the Elderly
- C) Study of Wobbly Things

4) How many fingers does a human have?

- A) 6
- B) 8
- C) 10

5) What is your pelvis known as?

- A) Elbow Joint
- B) Hip Joint
- C) Ankle Joint

Did you Know??

Drinking coffee increases your heart rate, so you burn off more calories the faster your heart beats

A Right Pair

BOX	WAY	PERT	OR
HEAD	TOR	BRAIN	MEN
EX	TUT	MED	EGG

Pair up the word to make up names of 5 clever people. 2 words will be left over, pair them up to make a name of a RIVER.

How Large is a Baby's stomach??

- A. Size of a Melon
- B. **Size of it's Fist**
- C. Size of a Golf Ball.

Once the puzzle is solved the yellow letters spell your PRIZE word. Txt this word with your name to Tel:07989 475 498 to Win a Prize....

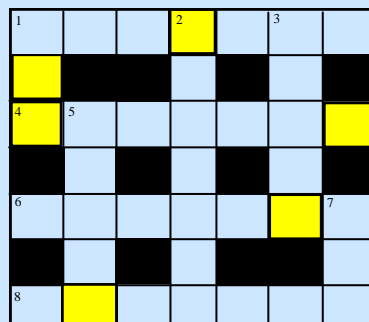
Across

- 1. Instrument to show which direction you are going in (7)
- 4. Anxious, fretful (7)
- 6. Yelled (7)
- 8. Liberty (7)

Down

- 1. Animal that moos (3)
- 2. Cologne, scent (7)
- 3. Kitchen utensil for straining or Sifting (5)
- 5. Alternative (5)
- 7. Badly lit (3)

WIN WIN WIN

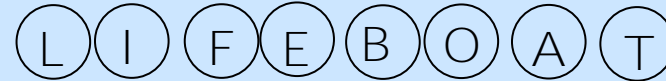


Find all the Answers in the NEXT ISSUE.....

# Puzzles



How many words 3 or more letters can you make in 10min



## WORDSEARCH

R	S	S	A	P	S	U	B	T
E	O	E	N	O	H	P	I	N
T	R	Y	H	T	Y	N	Y	I
U	C	I	A	C	O	O	S	B
P	O	B	F	P	T	A	Y	T
M	O	P	E	S	T	A	D	S
O	K	N	L	N	A	O	M	U
C	E	O	A	U	P	G	O	D
R	R	V	J	I	G	S	A	W

Name the Song...

What somebody like you doing in a place like this.....

What letters are missing to complete the word

FOUR

PANT

TRAP

SHUT

TROT

CURE

DEAL

SAIL

THEM

One answer is missing from the puzzle, which one

BATH	GAS FIRE	PLUG	BUS PASS	IPOD	SAT NAV
COMPUTER	JIGSAW	SLIPPERS	COOKER	MATCHES	
TIN OPENER	DUSTBIN	PHONE	YOYO		

True or False

Does SUGAR make Kids Hyperactive?

\_\_\_\_\_

True or False

How many times does your heat beat in ONE year??

\_\_\_\_\_

True or False

Food picked off the floor quickly is ok to eat?

\_\_\_\_\_

Which bone can be found in BOTH the hand and the foot?

\_\_\_\_\_

True or False

Do cotton buds make you DEAF?

\_\_\_\_\_

What is the best source of energy?

\_\_\_\_\_