

Look out for our April 2011
Issue 20 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 Monthly Competition
(see inside in this issue for more details)..

Dates to Remember

Star Joke

Colour Me In ...

Who's wrote on our Blog Wall...

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

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 or
www.broadwayandfailsworthlifesavingclub.co.uk

Splash...



Broadway and Failsworth
Lifesaving Club

Affiliated to the RLSS

ISSUE 19
March 2011

The Lifesavers Magazine





The Editor...

Splash magazine..
WELCOME splashers,

As we are celebrating 2011, please be aware of dangers in the Water as our waters are extremely cold and nights are dark. Lets have everyone entering this months competition to **win** a fabulous prize. All you have to do is **TEXT** your Answer to Gaynor on **07989475498...** If you have any news, photographs or information you would like to share. Contact me. We Aim 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

**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



Hot news

WELCOME Back everyone,
Membership forms.... We need these forms completing as soon as possible to enable us to get the Open Water papers out. Thank you

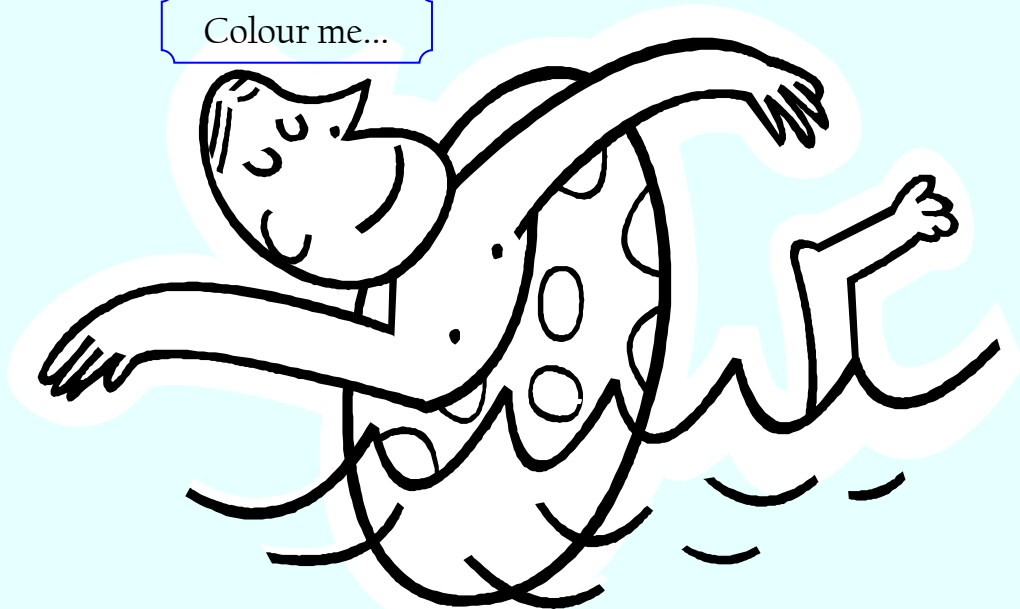
Visit our web site
www.broadwayandfailsworthlifesavingclub.co.uk
We have a Membership Forms, A New Calendar of Events coming soon. Lists of our Opening Times. Photographs, Write-ups and lots more...

In this months **Online issue** we take a look back at our photographs from 2006 ... come along and check the website out. Can you spot a younger you... There are All our past events on the website too and we are looking forward to creating more happy memories....

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

Please see Elaine if you require more information.

Colour me...



PLEASE Note:
Over several issues of our **SPLASH Magazine** there has been little or **NO ENTERIES** to the crossword competition. All you have to do is solve the clues and **TEXT**—Gaynor on 07989 475 498 the answer.

Please take a look and give it a go There is a prize for the **WINNER**

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

- 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**
Please ask for details



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



- 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 currants
 10. Always wear Sun block

News From Danny

Hi, to all our Rookies, Lifesavers, Lifeguards and Parents.....

This is the worst time of the year February/March. This is when we brave the elements to go to the baths dark nights and most of all NO open water. Just to make it more acceptable we have nearly finalised the dates for open water and as soon as we have been given the ok we can send out the open water sheets and summer is on its way.

Speak to you some more enjoy yourself..

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

News From Elaine

Hi Everyone,

I hope that by now you will have all renewed your membership. If you haven't by the end of February, there will be a penalty, of no training, until it has been renewed.

Once we can put to bed the membership we can then concentrate on the Open Water 2011 season.

IMPORTANT If there are any issues with regards to your membership or training or whatever please do not wait and 'stew' on a grievance. Please speak to either me or Danny to resolve the issue; then if nothing seems to be happening speak to either me or Danny again. Sometimes, because we are a voluntary club and have full time jobs, things do get forgotten.

Warm regards
Elaine

Questions & Answers

Answers to February 2011 Splash issue 18

CROSSWORD

Across

- Chimney dust (4) **Soot**
- Clay oven (4) **Kiln**
- Greasy (4) **Oily**
- Hair tangle (4) **Knot**
- Garden of paradise where Adam and Eve lived (4) **Eden**
- Nuisance plant (4) **Weed**

Down

- Absolute quiet (7) **Silence**
- Sniffed loudly (7) **Snorted**
- Duty bound (7) **Obliged**

Which song includes the lyrics?

**"I Like it, I like it, I like it,
I li-li-li-like it, li-li-li-li,
Here we go-o...."??**

Ans: **Rockin all over the world by Status Quo**

MINI QUIZZZZZZ

- Procession (6) **Parade**
Twelfth Month (8) **December**
French Cap (5) **Beret**
Go back (to a place, eg.) (6) **Return**
Apprehensive, having butterflies in your Tummy (7) **Nervous**
Dethrone, topple from a Position (4) **Oust**
Slow creature with a shell On its back (8) **Tortoise**
Large organised group looking for a missing person (6,5) **Search Party**
Rubber wheel surrounds (5) **Tyres**
Put your feet up and relax (4) **Rest**

The black rings around lemurs eyes act as what?

As sunglasses

What letters are missing to complete the word

CLASSICAL

Scrap Built Peacock Taste Stress Bike
Scissors Baby Play

3 In a row
UOR DIN OOL LIQ ERP OSA LIV
ICE URS

Dinosaurs Liquorice Liverpool

Test your Knowledge...

- What is COSHH?
A) **Control Of Substances Hazardous to Health**
- How long do you check a casualties breathing for ?
B) **10 Seconds**
- What is NOP?
A) **Normal Operating Procedure**
- What is EAP?
B) **Emergency Action Plan**
- What is the minimum safe depth for diving from the pool edge ?
B) **1.5 meters**

WINNER FOR THE CROSSWORD is:-

**Craig Lund
FOR February ISSUE 18**

Swimathon Held at North City Family Fitness centre On

8th, 9th and 10th April 2011



Birthdays



Kyle DLsc	Katie B&F Lsc	Kirsty DLsc
Jim B&F lsc	Georgina DLsc	Bethan DLsc
Collette B&F lsc	Grace B&F lsc	Will B&F Lsc
Michael B&F lsc	Harley B&F lsc	

Take a look at our [ONLINE](http://www.broadwayandfailsworthlifesavingclub.co.uk) issue and view our Exclusive photographs of the Past.

www.broadwayandfailsworthlifesavingclub.co.uk

Q. I swim a few times a week, but I only feel confident doing breaststroke. The trouble is, I find that my knee hurts and often painful, after a trip to the baths. Am I doing something wrong.

A. Breaststroke can put a lot of strain on the medial (Middle) side of your knee and cause some pain. Try altering your technique and have some lessons with an instructor to alter your technique....

Itchy ears....

Q. I enjoy swimming but afterwards I get itchy ears.. What can it be?

A. This is probably a problem called Otitis externa, a complication of getting water in the ears. Prolonged wetness of the ear canal makes the skin soggy and then fungal or bacterial infection can take over. Call into the doctors who can prescribe eardrops to help the matter....

Bank Holiday Closure Dates

Monday	25th April 2011	Easter Monday
Monday	2nd May 2011	May Day
Monday	30th May 2011	May Half term
Monday	29th August 2011	Bank Holiday

PLEASE NOTE: Training sessions are open as usual on **WEDNESDAY 's Evenings**
7pm-9pm Lifeguards
7.20pm-9pm Rookies



Water, Water everywhere A few facts you may not know.....

Roughly 70% of an adults body is made up of water...

At birth, water accounts for approximately 80%of an infants body weight....

A healthy person can drink about 3 gallons (48 cups) of water per day...

Water dissolves more substances than any other liquid....

Somewhere between 70 and 75% of the earth's surface is covered with water...

Much more fresh water is stored under the ground in aquifers than on the earth's surface....

The United States uses about 346,000 million gallons of fresh water every day ...

The weight a person loses directly after intense physical activity is weight from water not fat ...

The average person uses anywhere from 80-100 gallons of water per day. Flushing the toilet actually takes up the largest amount of this water....

By the time a person feels thirsty, his or her body has lost over 1% of its total water amount....



Star interview

This months Star Interview. Callum from B&Flsc who is training to be a Lifeguard. He is 16yrs old, been a Rookie Lifesaver for approx 6yrs and here is his interview. If you want to be a **STAR** please contact **Gaynor** on Tel: 07989 475 498—Text

- Q1. What do you on a day off from School/College/Work? *Relax with my mates*
- Q2. What is your most treasured Possession? *My stuffed dog that I got when I was 2yrs of age.*
- Q3. What is your favourite animal? *Sharks especially Great Whites*
- Q4. What was your best holiday? *It was last year in America, as I went with a mate to celebrate doing well in or exams.*
- Q5. What was your most embarrassing moment ? *I don't have one*
- Q6. What was the last CD/DVD you bought? *Mc Fly—Above the Noise*
- Q7. What is your favourite colour? *Red*
- Q8. Who or What drives you MAD? *People who disrupt my learning*
- Q9. Who is your inspiration? *My Parents*
- Q10. If you had a power what would it be? *Shape shifting.*

Interview by Gaynor - *If you would like an interview TXT me on 07989 475 498*

Jokes and Blogs and stuff

Why not visit our Website for Updates.

Open water /pool details,
photos and downloads...

Joke
I failed every subject except for algebra.
How did you keep from failing that.
I didn't take algebra !

Jokes
Are you in the top half of your class?
No, I'm one of the students who make the top half possible

Jokes
**Knock knock !
Who's there?
Dwayne.
Dwayne who .?
Dwayne the bath
I'm drowning!!**
**Teacher: what can we do to stop polluting our water?
Pupil: Stop taking baths...**
Losing a wife can be hard. In most cases, it is damned near impossible

Joke
What do you call a Russian flea !!
A Moscow-ito!..

Joke
Teacher: Billy, please don't Whistle while your studying
Billy:oh, but im not studying—just whistling

Joke
There were 4 monkeys in a tree. Why did the first monkey fall out of the tree? - it died. Why did the second monkey fall out of the tree? - it was tied to the first monkey. Why did the third monkey fall out of the tree? - It got hit by the first two. Why did the fourth monkey fall out of the tree? Peer pressure..

Did you know?
The most eggs found in a single chicken's egg is—**nine**

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

STAR JOKE...
How do dentists become brain surgeons?
When their drill slips..

Home work excuse..
Where is your home-work?
Pupil: I didn't do it because I didn't want to add to your heavy work-load

www.broadwayandfailsworthlifesavingclub.co.uk

Please Note:
All Membership fees should be Paid but if you have missed your form
You can download a copy, you can find it on our website
www.broadwayandfailsworthlifesavingclub.co.uk Thank you.

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.**

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

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 ..

INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET

photographs
Over the Summer months Gaynor (our club Photographer) has taken a series of 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 on the 16th October 2010. Please feel free to speak to Gaynor.. Tel no. 07989 475 498



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

ADVERT
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
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Competition and puzzles

Test your Knowledge...

- What is the correct hand procedure used on a baby?
 - 1 hand
 - 2 fingers
- What is SEEP
 - Stand Elevate Examine Pulse
 - Sit Examine Elevate Pressure
- What are the signs and symptoms of a stroke?
F
A
S
T

4) What is the treatment given to a child choking ?

- Up to 5 Back blows and up to 5 chest thrusts
- Up to 5 Back blows and up to 5 abominable thrusts

5) What is NOT in a First Aid Kit?
Bandage, Sterile wipes, Pins, Scalpel, Triangle Bandage, Screws, Eye pad, Ointment, Scissors

Did you Know??

EGGS, have been recently named as the **SUPERFOOD**, eating them for breakfast controls the feelings of hunger in the day...

3 In A Row

PIS	CHI	EXE	TAC	LDR	RCI	HIO	ENS	SES

Make 3-nine letter words, using the 3 letter sections.

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

Across

- Quaint home in the country (7)
- Get on your feet (5,2)
- Glad (7)
- Losing your hair (7)

Down

- Type of lettuce (3)
- Larger Pewter 'mug' for your pint (7)
- Sixth Sense (1,1,1)
- Boozer (3)
- Use a shovel (3)

1			2				3
4							
5							6
7							

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

FOOD...

Try adding a little Soy Sauce over your Vegetables as it contains special proteins that trigger the 'I'm Full' feeling in your brain

WIN WIN WIN a Fantastic Prize—a Head Rucksack

More puzzles



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



Sudoku

	4		5			7	8	2
	9	8	7					6
	2		4	6				3
4		7		9		2		
		6	3	2	4	1		
5				4			7	
						3		
1		7			3			

Which song includes the lyrics...

'Walk on, through the wind, Walk on through the rain, though your dreams be tossed and blown....

How many people suffer in the UK with migraines?

- 10 million
- 8 million
- 5.5 million

What letters are missing to complete the word

Cale

Divrsity

Neer

Lttle

Nohing

Bak

Birtday

Camra

Beding

MINI QUIZZZZZZ

- The Eighth Month (6) -----
- Professional who performs daring feats (8) -----
-
- Cope (6) -----
- The No.1 Ladies Detective (6) -----
- Go by Bike (5) -----
- Meat _____, a butchers tool (7) -----
- Go Off (like a volcano) (5) -----
- See through, clear (11) -----
- Go into a room (5) -----
- Patio, courtyard (7) -----