

Look out for our November 2011
Issue 27 Coming soon.....

What's in this months issue...

Chairman's Letter

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

10 Things to know about...

Star Joke

Colour Me In ...

News from our other clubs.....

Hot News ...

Swim Nights ...

First Aid...

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
Face Book—Broadway and Failsworth Life Saving Club
Twitter—@BandFLSC

Splash...



North west
Life saving
Clubs
Magazine

Published by
Broadway and Failsworth
Life saving club



The Editor...

Splash magazine..
WELCOME splashers,
Take a look at our
article on David

Walliams What an incredible
guy... 140miles of the Thames in
Eight days...

If you wish to order a DVD or Pho-
tographs of this years Open Wa-
ter, please call Gaynor on
[07989475498...](tel:07989475498)

If you have anything you want to
add to your magazine please
contact to Gaynor on
[07989475498...](tel:07989475498)

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](tel:07989475498)

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

**Open Water — On the 18th of September
we completed our final Open Water and
what a great day we had. Thank you to
everyone who helped with the BBQ—
(great burgers john)... and to all the
young adults and the tutors and not
forgetting the Organisers of ALL our Open
Water events.**

Visit our web site
www.broadwayandfailsworthlifesavingclub.co.uk
We have 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](#)

Colour me...



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

**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



News From Danny

Hi, Everyone.....

This month we did our last Open Water we finished all the awards, I always feel sad at the year end but we have had a great year, the weather we cannot complain about and at the end we had hot dogs and burgers. It rained but did not damper the atmosphere.

Thanks to all that took part Swimmers, Teachers, Helpers from all clubs, thank you for all your dedication that made this yet another great year..

Danny Wood
Chairman
Broadway and Failsworth LSC

News From Paul

Hi Everyone.....

The RLSS are introducing a new National Life Saving awards from January 2012, called the RLSS UK Survive & Save Lifesaving Awards. They are a suite of progressive awards that teach personal survival, rescue, sport fitness skills and knowledge to anyone over the age of 12 years.

The awards are structured into three levels, Bronze, Silver and Gold with four awards available at each level:

Medallion Lifesaving Awards

Completed in the swimming pool

Beach Lifesaving Awards

Completed in the sea

Stillwater Lifesaving Awards

Completed at inland open water sites

Sport Lifesaving Awards

Completed in the swimming pool

Each level (Bronze, Silver and Gold) also has a core element that a candidate must complete before they can an award strand (Medallion, Beach, Stillwater or Sport). The flexibility of the Survive & Save Programme enables candidates to specialise in their preferred pathway, or try a range of awards at each level.

The highest award in the programme is the Distinction Award, which is automatically awarded to candidates who show the highest levels of Lifesaving Skills by achieving three Gold Awards within a period of 24 months (all awards will need to be in date)..

Paul.... B&Flsc

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

David Walliams—140 mile Thames swim.....



He is incredible... Not only did David swim 140 miles of the Thames in eight days, he did it in the cold, wind and rain. Enduring a serious stomach upset and severe exhaustion on his route. He even found time to rescue a drowning Labrador!

This was a truly stunning feat, and thanks to everyone's support he completed the THAMES CHALLENGE.

Start—Lechlade to Oxford thus to Reading over to Maidenhead past Windsor over to Kingston with the final swim to London to **Finish**

Facts - 140 miles is equivalent to swimming the channel 7 times.... It took David 8 days to complete the swim averaging 18 miles a day.... Total number of strokes: 111352...

Total calories burned: 68186 Money raised so far: £1,194,258

You can still sponsor David by logging onto www.sportrelief.com - Why not do it now and be the one to help David transform more lives.

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**.

Come on Ladies

Well done to Donna and Emma for entering the **Aspire CHANNEL Swim 2011** held on 12th September-4th December 2011 22 miles, in 12 weeks at your Pool For further information on this event log onto www.aspirechannelswim.co.uk

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

News From Elaine

Hi everyone,
I can't believe we had eight Open Water events over the summer it went so quickly. The awards for the events will be presented within the next couple of months, so look for details in Splash Magazine.

I believe we are also going to have a disco in February 2012, so keep a look out for details in Splash Magazine.

I am sure that we will be looking for raffle prizes and helpers so if you have either we would appreciate it.

As the clubs Internal Verifier for the RLSS if there are any issues, complaints or suggestions with the Lifeguard Programme I would appreciate being notified of these, as and when, so that I can 1. Sort out any issues or complaints and/or 2. take on board any suggestions.

To anyone that borrowed a wetsuit from the club and hasn't handed it in yet, can we have it back, thank you.

See you in next months Splash Magazine
Elaine

10 THINGS you should know about **SLAPPED CHEEK SYNDROME...**

1. Slapped cheek syndrome (SCS) is a common childhood viral infection. However, it can affect all age groups.
2. The most common symptom of SCS is the appearance of a bright red rash on both cheeks (hence the name).
3. SCS is caused by a virus called parvovirus B19.
4. Once parvovirus B19 enters the body, it targets cells—called erythroid Progenitor cells, which are found in bone marrow and blood.
5. Once infected with parvovirus B19, your body will develop life-long immunity against further infection.
6. Parvovirus B19 is an airborne virus that is spread in the same way as cold or flu viruses. It can be spread through coughs and sneezes that are then breathed in by another person.
7. Even though most cases of SCS are mild, some high-risk groups can suffer more Serious symptoms.
8. Pregnant women should be especially careful, as the virus can prompt Miscarriage or cause anaemia in the unborn child.
9. People with blood disorders may require a transfusion to restore the full amount Of red blood cells if they have SCS.
10. There is no vaccination for SCS, and in most cases it causes a mild illness which quickly passes without the need for treatment.

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

10 litres of tap water costs around 1 penny—that could be as much as 1,000 times cheaper than soft drinks, caffeinated drinks and bottled water...

Simply breathing in and out uses more than a pint of water a day and without it you would only be expected to live about one week...

Tap water quality in the UK is among the highest in the world...

Strange as though it may sound, drinking more water actually helps to reduce water retention...

Freshly packed salads etc are washed in chlorine water to prevent bacteria spreading ...

News From Droylsden lifesaving club

Well another year over, we all had a great time at the open water this year. Droylsden have got a new beach lifeguard in Gary Shepherd who along with Dave Vaughan are our Great swim competitors. Eddie and John had a huge class this year with their youngsters many of them are completely new to open water and they really enjoyed themselves, you can always tell when they have enjoyed their swim because we struggle to get them out of the water (and they are usually blue). Cath and John re-qualified for their beach lifeguard and we had 6 silver cross candidates who all passed after Cath accosted Mike Wardle to do their exam even though he only came to watch. We also had a really nice barbeque at both Debdale and Fleetwood. John excelled himself with the burgers, they were delicious he is keeping the identity of the shop where he bought them a secret though.

One of the things that we enjoy most about these sessions is getting to know the members of other clubs it isn't Droylsden or Broadway and Failsworth it is open water everyone knows their teachers and all of those taking part work together and help each other, this also helps the trainers because we know we can put people from different clubs together and they will still work as partners. We do have to watch some of the girls though who all want to work with particular boys because they look like members of a popular boy band (can't see it myself).

We have got many of the same club members going for their higher awards at the end of this year with about 10 going for their distinction which John is doing an excellent job with.

Looking forward to next year and hopefully we will have quite a few new candidates for beach lifeguard. We still want to see all the usual suspects going for their higher awards too.

Droylsden Life Saving Club



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

Did you Know?
Traffic jam stress is a key trigger for heart attacks...

Blueberries....
Are the Slimming Super fruit and can slash fat cells by up to three-quarters...
Yum yum

Did you Know??
There are 206 bones in the human body...

Your heart beats 2.5 billion times in a lifetime...

There are 9,000 taste buds on your tongue, throat and the mouth...

Did you know?
3,000 people die of skin cancer every year in the UK alone

By the time you feel thirsty you have already lost 1% of your total water content...

Did you know?
Weight lost directly after intense physical activity is **water** not **fat**...

How do you make a milk shake ?....
Give it a good scare...

Jokes

STAR JOKE...
Why is Alabama the smartest state in the USA?
Because it has 4 A's and 1 B

What is Black and White and Pink all over??
An Embarrassed Zebra

Why did the turtle cross the road?
To get to the shell station...

What kind of hair do oceans have? ... **Wavy**...

Joke
What did the car Salesman say to the cowboy? ,,,

What is the best hand to write with?
Neither, its best to write with a pen...

Why do elephants have trunks.? ...

What time is it when an elephant sits on a fence?
Time to get a New Fence

Why did Mickey Mouse take a trip into Space.? ...

How do you make antifreeze? ...
Steal her blankets...

Who invented underground tunnels?
A Mole

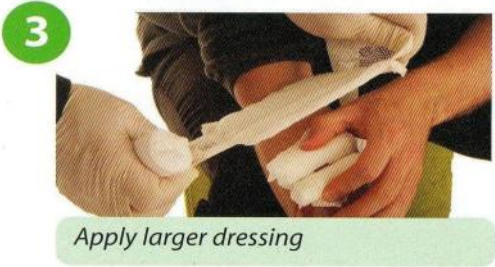
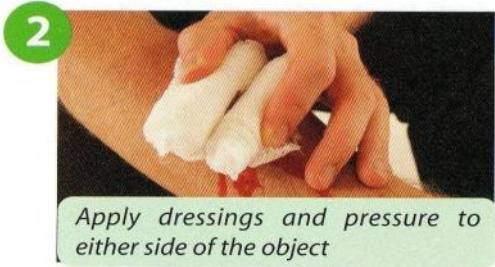
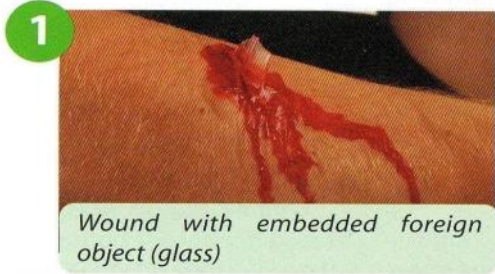
If two's company and three a crowd, what are four and

Joke
Why did the computer got to the chiropractor?
It had a slipped disc...

First Aid

WOUNDS WITH EMBEDDED FOREIGN OBJECTS

- Wear disposable gloves
- Lay the casualty down on the floor to help prevent shock
- Examine the injury to establish the extent of the wound and to check for any embedded foreign objects
- Elevation of the injured part may be difficult if the object is likely to cause further damage and pain
- Do not remove the object
- Apply pressure on either side of the object to control blood loss
- If the object is large, apply rolled sterile dressings to the wound around the object and bandage firmly in place with a figure of eight method
- If the object is small, the wound may be covered lightly with a sterile pad before building up around it. Do not apply any pressure directly on top of the object



puzzles

Test your Knowledge...

- 1) what is the name of the biggest part of the human brain?
- 2) The coloured part of the human eye that controls how much light passes through the pupil is called the?
- 3) What is the name of the substance that gives skin and hair its pigment?
- 4) The muscles found in the front of your thighs are known as what?
- 5) True or False... the two chambers at the bottom of your heart are called Ventricles?

- 6) What substance are nails made of?
- 7) What is the human body's biggest organ?
- 8) The innermost part of bones contain what?
- 9) True or False... An adult human body has over 500 bones?

Did you Know??

The daily recommended amount of water for an adult is eight cups a day—although this includes water in food and other drinks..

3 In A Row

■								■
	■						■	
		■		■		■		
PIS	CHI	EXE	TAC	LDR	RCI	HIO	ENS	SES

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

About 75% of the earth's surface is covered in water...

Pure water is neither acidic nor alkaline...

About 70% of an adults body is made up of Water...

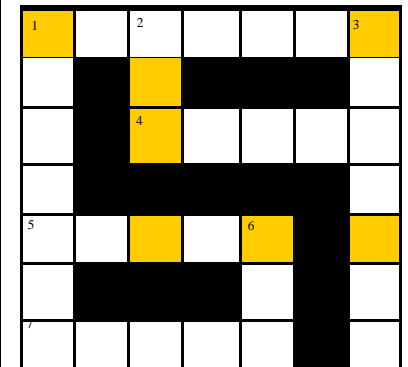
Once the puzzle is solved the yellow letters spell your PRIZE word.

Across

1. Irish X-factor twins (7)
4. Which place (5)
5. Perfect (5)
7. Difficult, hard to deal with (7)

Down

1. Island nation, capital Kingston (7)
2. Morning moisture (3)
3. Put on clothes (7)
6. Meadow (3)



puzzles



Rearrange the letters below into a regular 9-letter word

E V E N C A N G E



5 Mins

Sudoku Sets the Pace. Add the 3 yellow squares to get the answer.

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

Name the song title...
 "I look pretty tall but my heels are high, the Simple things you see are all complicated, I look pretty young, ...

Q. What colour is a female blackbird....
 Ans.....

Name 5 Organs
 1.
 2.
 3.
 4.
 5.

- General Knowledge.....
- Hard Italian cheese usually used in grated form (8)
 - What you build with a bucket and spade at the beach (10)
 - Written correspondence (6)
 - River grass (4)
 - Royal period which followed the Victorian era (9)
 - Termites—in your pants (4)
 - Single handedly (4)
 - Rectangle shape (6)
 - Pistol or rifle (3)
 - Up to that point (5)

Q. What type of creature is a stingray??....
 Ans.....

Name five types of Bones.
 1.
 2.
 3.
 4.
 5.

BURNS AND SCALDS

Contact with any source of heat, radiation, electricity, chemical or freezing surface will cause a burn or scald. Burns are among the most serious and painful of all injuries causing damage to the skin, underlying tissue and vital organs. Although a burn may be the most obvious injury, you should always perform a complete assessment to determine if there are other serious injuries.

CAUSES OF BURNS

- DRY BURNS**
- Hot surfaces
 - Fire
 - Friction

- SCALDS**
- Hot liquids
 - Hot fat or oil
 - Steam

- ELECTRICAL BURNS**
- Domestic low voltage appliances
 - Lightning
 - High voltage
 - Cables

- RADIATION**
- Sunburn
 - Ultraviolet lamps
 - Overexposure to X-ray

- CHEMICAL BURNS**
- Acids and alkalis
 - Domestic cleaning products
 - Industrial chemicals



- COLD INJURY**
- Freezing temperatures
 - Foreign objects
 - Refrigerants



