

Look out for our October 2011  
Issue 26 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](mailto:lifesaving.club@ntlworld.com) or  
[www.broadwayandfailsworthlifesavingclub.co.uk](http://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...

Have any news, photographs or information that you would like to share. Contact me and we will put it in our Magazine...

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— what did you do on this August Bank Holiday ... Give us a call and let us know...**

**Open Water — we are just coming to our Last Open water which is on the 18th September 2011.... At 1.30pm We hope you can all make the last event as we are finishing our day with a BBQ and drinks.....**

Visit our web site  
[www.broadwayandfailsworthlifesavingclub.co.uk](http://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

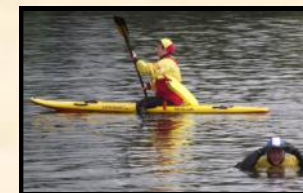
**Wednesday** Evenings 7-9pm  
North City—Harpurhey  
Tel: 0161 277 1900  
0161 277 1901

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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.....

Open water this weekend was great once again, the water was just right, over all we had a great day.... thank you. We also finished the day off with Burgers, Hot Dogs and Hot beverages at the Sea Cadets all cooked and ready to eat ...

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.

Danny Wood  
Chairman  
Broadway and Failsworth LSC

## News From Elaine

Dear Members,

We have one Open Water 2011 left, and this is on the 18th September. If you are working towards an award you should have been at least five times this summer, if you are one away from your award make sure you attend on the 18th.

I think that everyone knows now about our Facebook and Twitter page. Please make use of them to contact other club members and keep your eye on things that are happening or maybe a club night or Open Water is cancelled. You will find it all on our Face Book page. If you haven't "liked" or "followed" then you need to, or ask your parents to for the very latest updates.

Splash Magazine is your magazine, what would you like to read about, what should be included or maybe you want more of something then let Gaynor know.

There will be a competition coming up soon so keep your eye on the Magazine.

Regards Elaine

## Open water dates

<del>22nd May 2011</del>	<del>Debdale</del>	<del>09.30am</del>	<del>Sunday</del>
<del>19th June 2011</del>	<del>Fleetwood</del>	<del>12.50am</del>	<del>Sunday</del>
<del>3rd July 2011</del>	<del>Debdale</del>	<del>09.30am</del>	<del>Sunday</del>
<del>17th July 2011</del>	<del>Fleetwood</del>	<del>11.50am</del>	<del>Sunday</del>
<del>31<sup>st</sup> July 2011</del>	<del>Debdale</del>	<del>09.30am</del>	<del>Sunday</del>
<del>14th August 2011</del>	<del>Fleetwood</del>	<del>10.50am</del>	<del>Sunday</del>
<del>4th September 2011</del>	<del>Debdale</del>	<del>09.30am</del>	<del>Sunday</del>
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

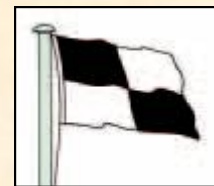
Wet shoes are available from Wynsors or any large shoe store.

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)*

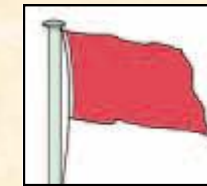
Rash Vests/ Neoprene Gloves are also available from Tesco at reasonable prices



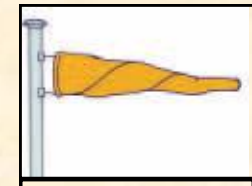
Red and yellow flags mark areas of water that are patrolled by lifeguards. These are the safest places to swim



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

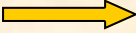


An orange windsock flying at the beach indicates that wind conditions are especially dangerous – so under no circumstances should you take an inflatable into the sea

## **RIP CURRENTS**

Rips are strong currents that can quickly take swimmers from the shallows out and beyond their depth.

Lifeguards will show you where you can avoid rips but if you do get caught up in one:

- \* Stay calm - don't panic
- \* If you can stand, wade don't swim
- \* Keep hold of your board or inflatable to help you float
- \* Raise your hand and shout for help
- \* Never try to swim directly against the RIP or you will get exhausted
- \* Swim parallel (that's  this direction) to the beach until free of the RIP, then make for the shore
- \* If you see anyone else in trouble, alert the Lifeguards or Call **999** or **112** and ask for the Coastguard.



### **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:

We are starting up our Quizz page once again  
Please take a look and see how you get on.

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

## First Aid

### AIRWAY OBSTRUCTION AND BREATHING DISORDERS

The respiratory system comprises the nose, mouth, trachea (windpipe), bronchus, bronchioles and alveoli which are all in complete communication with each other as long as there are no obstructions.

Severe breathing difficulties can take place when the process of normal breathing is affected. This can be caused by a medical condition or illness, emotional or physical shock, anxiety, or when the airway becomes partially or fully obstructed.

#### CAUSES

- Foreign objects
- Blood, vomit or water
- Smoke inhalation
- Burns to the face and neck
- Severe allergic reactions
- Injuries to the face and neck
- Asthma
- Hyperventilation
- Emotional or physical shock
- Chest and abdominal injury

#### RECOGNITION

- Difficulty in breathing
- Difficulty in speaking
- Distressed, noisy breathing
- Flaring of the nostrils
- Sucking in of the chest wall and ribs
- Coughing
- Coughed-up blood
- Confusion
- Pale, grey/blue skin affecting the nails, lips, eyelids and ears at first, with the whole body being affected as the condition worsens

Whatever the cause, a casualty will need to be treated immediately:

- If possible, remove any obstruction
- Restore and maintain normal breathing
- Calm, reassure and monitor
- Seek medical attention even if they recover
- If unresponsive and breathing, place them in the recovery position and call 999/112

*Recheck the airway*



*Casualty in recovery position*



## First Aid

### CHOKING

A foreign object that becomes stuck in the throat or windpipe may cause a partial or full blockage. This could also lead to spasms of the muscles in the upper airway.

The casualty can often clear a partial obstruction if you encourage them to cough and remain calm.

A full obstruction will need urgent attention with rescue breaths and chest compressions if the casualty becomes unresponsive and stops breathing.

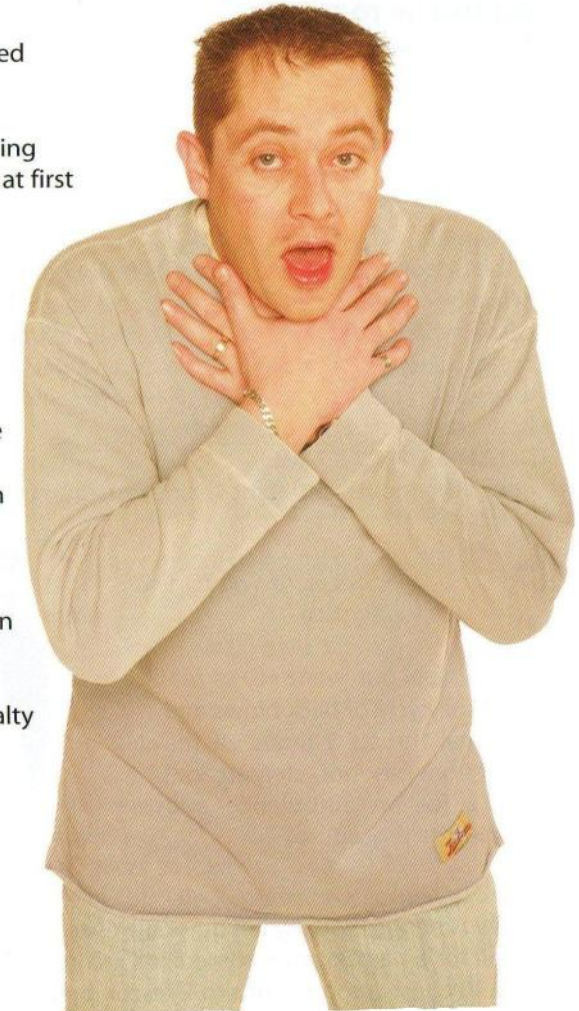
#### RECOGNITION

- Evidence of what may have caused the obstruction
- Casualty grasping at their throat
- Difficulty in speaking and breathing
- Congestion of the face and neck at first
- Pale grey/blue skin developing
- Anxiety and distress
- Weakness
- Becoming unresponsive

#### TREATMENT OF A PARTIAL OBSTRUCTION FOR ADULTS

The casualty will be able to breathe and speak.

- Encourage the casualty to cough
- Calm and reassure
- Have them adopt a comfortable position
- If there is no improvement within 5 minutes call 999/112 for an ambulance
- Continually encourage the casualty to cough, and monitor their condition



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

## Did you know ?? and stuff

**Did you Know?**  
A National Accident Helpline survey showed 34.4 percent of men are more likely to stop and help someone if they were attractive...

**Light Sleepers**  
Smokers take longer to fall asleep, and while wake up more during the night, a study has found

**Did you know?**  
Men with a paunch risk developing blindness or eye problems later in life, say researches....

Its now estimated that 20 percent of the population suffer with hay fever...

In The middle ages, large dogs like Great Danes and Mastiffs were suited with armour and sent into battle...

### 10 THINGS you should know about **VERTIGO**.....

1. Vertigo is the sensation that you, or the environment around you, is moving or spinning..
2. Its commonly caused by a Problem with the balance mechanisms within the inner ear..
3. If you have vertigo, you may Experience the sensation of Movement even when you are standing completely still...
4. Vertigo is often confused with a fear of heights. However, the dizzy feelings that's often experienced when looking down from a high place is Not the same as vertigo, which can occur at any time and may last for Many months or even years...
5. The effect of vertigo may be slight and barely noticeable, or it may be so Severe that you find it difficult to keep your balance and perform every Day tasks....
6. The symptoms of vertigo can vary in frequency and severity and may Include loss of balance, nausea, vomiting, light-headedness or difficulty Standing or walking...
7. Vertigo can also occur if there is a problem with the brain, or something Is affecting the nerves that connect the brain to the middle ear...
8. During a vertigo attack, lying still in a quiet, darkened room may help to Ease any symptoms of nausea that you have, and reduce the sensation Of spinning...
9. If the above methods are not successful, surgery may be offered as a last Resort option to help reduce severe attacks of Vertigo...
10. Further information can be found at [www.brainandspine.org.uk](http://www.brainandspine.org.uk)

## Jokes and Blogs and stuff

Why not visit our Website for Updates.  
Open water /pool details.  
photos and downloads....  
ALSO  
Follow us on Facebook and Twitter

**Did You Know??**  
The Kiwi fruit is also known as "hairy bush fruit" in China and "wonder fruit" in Taiwan..

**Joke**  
Teacher: I want you to tell me the longest sentence you can think of.  
Pupil: Life Imprison-

**Joke**  
*Prisoner:* Look here, Doctor! You've already removed my spleen, tonsils, adenoids and one of my kidneys. I only came to see if you could get me out of this Prison Hospital.  
*Doctor:* I am, bit by bit...

**Did you Know?**  
Airport body scanners deliver twice the amount of radiation than first thought, experts have warned...

"What were you before you came to school, boys and girls "?  
Asked the teacher hoping that someone would say "babies"  
She was disappointed when all the children cried out "HAPPY" .....

### Answer me Joke

Why is it that when you Transport something by car, its called ship-ment but when you transport something by ship its called cargo??

**FISH**  
Experts say that the High Omega levels in fish can delay the menopause in

### STAR JOKE...

A blonde walks into the library. She walks up to the counter, SLAMS a book down and screams at the librarian, - "This is the WORST book ive ever read! "it has NO plot and far too many characters! "the librarian looks up and calmly remarks— "So you're the one who took our phone book ....

### Bear Jokes..

Q. How do you hire a Bear?  
A. Put him on stilts

Q. What's a teddy Bears favourite Pasta?  
A. Tagliattedy

Q. Why is a polar bear a cheap pet to own?  
A. Cos it lives on ICE ...

### Did You Know??

American Airlines saved a whopping \$40,000 in 1987 by removing 1 olive from each salad that they served in 1st class

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

[vingclub.co.uk](http://vingclub.co.uk)

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

puzzles

Test your Knowledge...

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

- 4) What is the treatment given to a child choking?  
A) Up to 5 Back blows and up to 5 chest thrusts  
B) 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??**

2 in10 Children will develop eczema...

3 In A Row

PIS	CHI	EXE	TAC	LDR	RCI	HIO	ENS	SES	

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

200 muscle and Joint problems relating to back pain....

46,000 women get Breast Cancer each year in the UK...

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

**Across**

2. Brawl (5)
4. Pod vegetable (3)
5. Japanese healing technique (5)
7. Get to, arrive at (5)
9. Porridge grain (3)
10. Colour of snow (5)

**Down**

1. Small garden bird (7)
2. Distant (3)
3. In need of a drink (7)
6. And so on (1,1,1)
7. Garden Tool (3)

1			2						3
4									
			5	6					
7						8			
						9			
10									

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

More puzzles



Rearrange the letters below into a regular 9-letter word

F I V E L A S E R



5 Min

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

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

Name the song title...  
1 2 3 4 Uno dos tres ...

What letters are missing to complete the word

Cale

Divrsity

Neer

Lttle

Nohing

Bak

Birtday

Camra

Beding

Find the 12 (4-Letter) Body Parts hidden in the grid below i.e. Knee

- |    |    |    |
|----|----|----|
| CH | EY | AR |
| SE | GS | ND |
| HE | OT | RS |
| MS | PS | TO |
| EE | ES | IN |
| LI | HA | KN |
| FO | OE | LE |
| NO | EA | AD |

# By 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  
RESPONSE SKILLS,  
RESUSCITATION AND  
LIFESAVING ARE ALL  
WITHIN YOUR  
CAPACITY



ALWAYS  
WEAR A  
BUOYANCY  
AID WHEN  
ON THE  
WATER

OBEY ANY  
LOCAL RULES  
TO DO WITH  
ACTIVITIES  
ON OR NEAR  
THE WATER

BE AWARE  
OF TRIP  
HAZARDS