



Look out for our July 2011
Issue 23 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...



The Lifesavers
Magazine



The Editor...

Splash magazine..
WELCOME splashers,
We have now started our Open Water .. That soon came around.

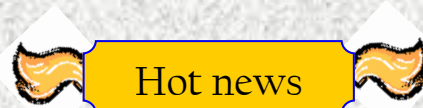
Lets have everyone entering this months competition to **win** a fabulous prize. All you have to do is **TEXT** your Answer to Gaynor on **07989475498**...

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

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

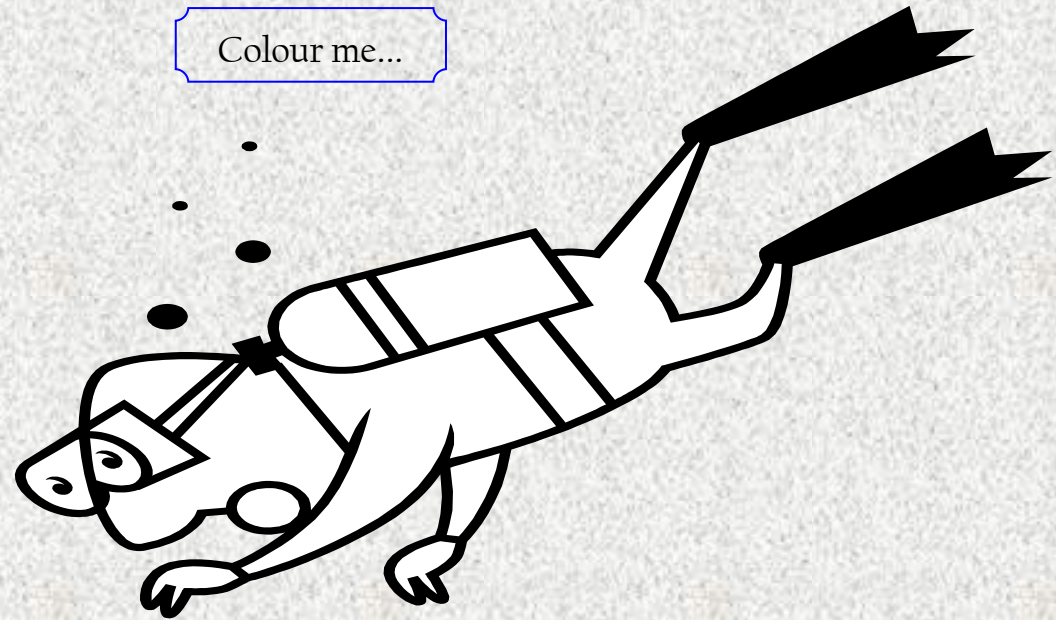
Open Water Dates—please check inside for dates and times or check on our **WEBSITE**

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...

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...**

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**

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

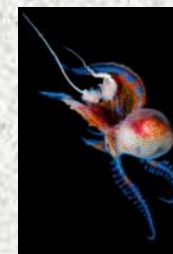
Regular Spots

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

Debdale & Fleetwood Open Water 2011 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.....

We had a brilliant day at Fleetwood over the weekend... the waves were very big and the current was strong. We hope everyone had a great day -

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 everyone enjoyed this weekends Fleetwood open water.

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

Warm regards
Elaine

Swimathon Held at North City Family Fitness centre

**Congratulations to everyone
who took part in the Swimathon in April 2011**



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

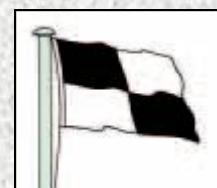
Wet shoes are available from Wynsors or any large shoe store.

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)*

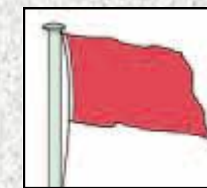
Rash Vests/ Neoprene Gloves are also available from Tesco at reasonable prices



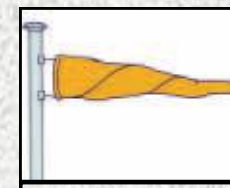
Red and yellow flags mark areas of water that are patrolled by lifeguards. These are the safest places to swim



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

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.



BEACH QUIZZZ

- 1) How many crew are there usually in a Lifeguards inshore rescue boat?
- 2) What is a "Mermaids Purse"?
- 3) Which is the biggest Ocean?
- 4) What does "Submerge" mean?
- 5) What does the Red Flag mean at a Beach?
- 6) What do you call a collection of Jellyfish"?
- 7) What is a "Neap" tide?
- 8) What does an Orange Sock on the beach mean?
- 9) What is a "Bladder Rack"?
- 10) What colours are the RNLi Lifeguards uniforms?



The RNLi have many museums to visit and over 230 Lifeboat stations around the UK and ROI. Visit their website on rnli.org.uk or Call 0800 328 0600 to find one to visit



Sandcastle

Please Note:

All Dates for OPEN WATER are out now—Please complete your form and ask your TUTOR what you can do this summer....
You can download a copy NOW, 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

Wynsors for Open Water shoes
Grab a bargain in there Closing Down Sale
At Chadderton Precinct,
Middleton Road
Chadderton



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 2010

Did you Know?
You breathe an average of 23,000 times a day

The Human Head contains 22 Bones

Did you Know?
You Blink on average 15,000 times a day. That's about 10 times per minute. Or more than 5 Million times a year. Women Blink more than men

CARROTS
To take care of Your Eyes eat more Carrots. They really do help you to see better. They contain VITAMIN A. as well as Fibre, Potassium, Vitamin C and Beta-Carotene. Carrots have 0 Calories and were Purple, white and Yellow. Orange Carrots were first Grown in Japan in the 17th Century.

Did you know?
55% of people yawn within 5 minutes of seeing someone else yawn ...

A person can live without food for about a month, but only about a week without water....

You will drink about 75,000 litres of water in your lifetime ...

The bones in your body are not white—they range in colour from beige to light brown. The bones you see in museums are white because they are cleaned and then boiled.

Did you Know?
It is impossible to lick your own elbow, but a few people have been known to do it

We actually see with our brains not with our eyes ...

The eyes are basically cameras of the brain

In 1900 the average person could expect to live till they were 47. But today's life expectancy is 70 years or more.

About 13% of people are Left-Handed

Fingernails grow nearly 4 times faster than toenails.

Your middle fingernail grows the fastest.

A baby's head accounts for 1/4 of its weight

Everyone has a unique tongue print.....

If your DNA is stretched out, it will reach to the moon 6,000 times

2/3 of your bodyweight is WATER

Blood is 92% WATER

Your Brain is 75% WATER and your Muscles are 75% WATER

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

Jokes and Blogs and stuff

A man drowned in a bowl of muesli...
A strong currant pulled him in!

STAR JOKE...

The invisible man married the invisible woman. Their kids weren't much to look at.

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

Joke
A man walks into a bar and asks "does anyone own the Rottweiler outside?" "Yes, I do" says the biker, what about it?" "Well, I think my Chihuahua just killed him". "What are you talking about, how can your little dog kill my Rottweiler"? Well it seems he got stuck in his throat"

Joke..
The little girl came home from school and said to her mum, "I was punished at school for something I didn't do" Mum says, "That's terrible, I am going to talk to your teacher about this." By the way, "what was it you didn't do"?
Girl replied "my homework"....

Did You Know?
The number of bowel cancer related deaths every year in the UK is 16,000

Joke
"It's clear" said the teacher, that you haven't studied for your geography exam. "What's your excuse?" "Well sir, my dad says the world is changing everyday, so I was waiting until it settles down".....

Joke
Q. did you hear about the man who fell into an upholstery machine?
A. He's fully recov-

Joke
When I die I want to go peacefully like my grandfather, in his sleep. Not like the screaming passengers in his car ...

In Eastern Africa, you can buy Banana Beer

www.broadwayandfailsworthlifesavingclub.co.uk

Did you Know?
Reducing the salt in your diet could cut your risk of developing heart disease by as much as a quarter. The recommended amount is 6g a day, but most people in the UK eat around 9g.

Boyfriend: Why didn't you give me anything for my birthday??
Girlfriend: Cos you told me to

Did you know?
The world record, in stones, for the most weight lifted, by one man, in 24 hours— is 72,214 which is equal to four houses

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

Competition and 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

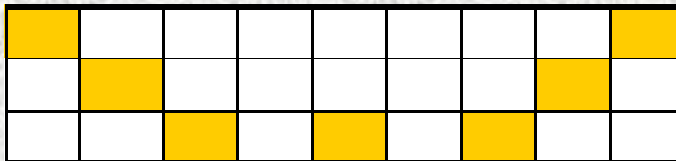
5) What is NOT in a First Aid Kit?

Bandage, Sterile wipes, Pins, Scalpel, Triangle Bandage, Screws, Eye pad, Ointment, Scissors

Did you Know??

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.

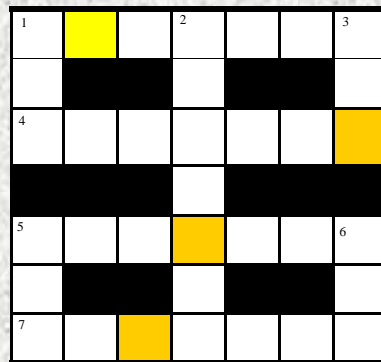
Once the puzzle is solved the yellow letters spell your PRIZE word. Txt this word with your name to Text :07989 475 498 to Win a Prize....

Across

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

Down

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



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

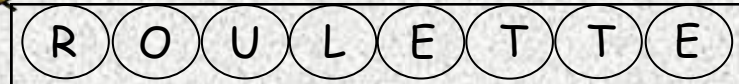
FOOD...
Try adding a little Soy Sauce over your Vegetables as it contains special proteins that trigger the 'I'm Full' feeling in your brain

WIN WIN WIN a Fantastic Prize—a Prize A Prize

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?

- A) 10 million
- B) 8 million
- C) 5.5 million

What letters are missing to complete the word

Cale

Divrsity

Neer

Lttle

Nohing

Bak

Birthday

Camra

Beding

MINI QUIZZZZZ

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