

Look out for our July 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....

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.....

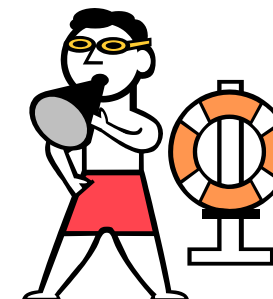
Contact us via Text message to 07989 475 498  
email us on [lifesaving.club@ntlworld.com](mailto:lifesaving.club@ntlworld.com) or  
[www.broadwayandfailsworthlifesavingclub.co.uk](http://www.broadwayandfailsworthlifesavingclub.co.uk)

# Splash...



ISSUE 10  
June 2010

The  
Lifesavers  
Magazine





### The Editor...

Splash ..

WELL Splashers we are getting ready for our open water. Have you

completed your forms and handed them in. What about entering the Competition in this months magazine. There is a fabulous prize on offer.

We Aim to keep 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.

Call or Text me on  
My Mobile 07989 475 498  
Gaynor xx

### Hot news

#### NOT TO BE MISSED

Open Water Season has now begun at Fleetwood and Debdale Park. If you have not completed an Open Water form please contact Elaine or Gaynor ASAP

Changing facilities fees have now been confirmed these are £12 per person, £18 for 2 people and £26 for 3 people. Please see Elaine or Gaynor if u require more information.

Anyone taking exams for Open Water **MUST** attend at **LEAST FIVE SESSIONS**.

Have you visited our web site lately? Did you know, you can see more photos now with our **ONLINE** Issue.

Did you know you can now download information such as forms and this magazine. We have plenty of photos for you to see, check out the past images and see yourselves five years ago.

### Colour me...



#### Top Ten Games

1. Doodle jump
2. Sonic Hedgehog
3. Wii Fit
4. Crash Bandicoot
5. Super Mario Karts
6. Grand Theft Auto
7. Stack um 2
8. Snakes and ladders
9. Mafia wars
10. Farmville

Joke  
What get if you cross  
a Hyena with a  
Rottweiler?

**I don't know, but if it  
laughs, you better  
join in...**

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

#### Club Chairman - Centre Co-ordinator

Danny Wood

#### Club Secretary, Treasurer, Int. Verifier -

Elaine Ratcliffe

#### Teachers -

Danny Wood—TA Pool  
Paul Flint—Probationary  
Jim Berry—L/saving TA  
Dave Roberts—TA Pool

#### Assistant Teachers -

Nikita Cleasby

#### Membership/Open Water Co-ordinator -

Gaynor Anderson

#### Committee -

Karen Griffith



### Regular Spots

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



## Questions & Answers

Answers to May 2010 Issue 9

Test your knowledge

1) A 2) C 3) A 4) A 5) B

How many microscopic cells are there in your brain B) *10 million*

A Right pair  
Ans. *Hot House*

Name the song ...  
***You've got the love***

International code for H W Y are  
*Hotel Whiskey Yankee*

Capital of China -  
*Beijing*

Neil Armstrong stepped on the moon  
with his **LEFT FOOT**

Marmite is high in *Vitamin B*

Adults intestine is  
C) *22 Feet*

Letter missing to make a word is  
**BIRTHDAY**

True or false Your heart beats 120  
times a minute  
**FALSE 70 times**

Prize Competition Winner is:  
*Craig Lund*

Dear Splash,  
Are you doing the BRING A  
FRIEND this summer, as I  
would like my friend to try it.?

Dear Swimmer  
Yes, We are. Look out for  
details of when and where in  
**our next issue (July) ... also**  
posters are being printed  
very soon. Thank you  
**Splash....**

## 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 on the  
16th October 2010.  
Please feel free to speak to  
Gaynor..  
Tel no. 07989 475 498



## From Elaine

Open Water Events May—September 2010

We have two Open water events this month the first on 13th June at Fleetwood and the second on the 27th June at Debdale Please do not forget we have a Water Festival on **Saturday 31st July 2010**

ALL the Papers for Open water have been signed and processed. Please note that **YOUR** money needs to be **PAID** as soon as possible. This is to enable us to pay for the necessary changing room facilities and send off for all the awards.

You **MUST** attend at least **FIVE** dates if you are taking an **AWARD**.  
The Changing Room Facility Fee covers **ALL** eight events. Please contact us if you need to hire a wet suit, these are limited in stock, so it is a first come first serve basis.

We have costs, awards and directions available on request.  
Did you know you can now download Forms and Directions from the club website [www.broadwayandfailsworthlifesavingclub.co.uk](http://www.broadwayandfailsworthlifesavingclub.co.uk)

It is Important you bring your **Full Kit** with you to **All** the events, as failure to do so may result in **YOU NOT being able to Swim**.  
Please see Elaine or Gaynor for any information or queries.  
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?  
Male Humpback whales love Karaoke!  
During the mating season, migration  
or in feeding areas, they produce  
various high-pitched squeaks and low  
frequency sounds

Did you know?

The chance of being killed by a  
SHARK is one in 300 million, com-  
pared to the likelihood of being killed  
by aeroplane parts falling from the  
sky, which is 1 in 10 million

### 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
<b>31<sup>st</sup> July 2010</b>	<b>Fleetwood</b>	<b>* 14.00pm *</b>	<b>Saturday</b>
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 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

## From The chairman

On the 22nd May 2010 Broadway and Failsworth LSC Put on An Assistant Instructors course with the help of Droylsden Life saving group. We had an extremely successful day with 21 lifesavers attending.

The first open water was at Debdale Park with also an excellent turn out although the water was little bit cold, we all enjoyed it so much. Thank you to all the helpers who dealt with the running order of the day.

Yours Danny  
Chairman B&F LSC

## Birthdays

Jacob Almond  
Mathew Cooper  
Connor Nash  
Elaina Reynolds  
Ryan Thomas

Samuel Barker  
Katie Malone  
Abigail Oldham  
Shannon Reynolds




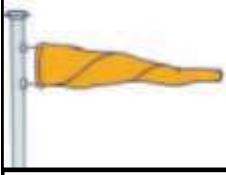
## Star interview



This month we are interviewing **KIRSTY VALENTINE** a Lifeguard who is 23yrs of age and drives a Ford Ka, She has been in the Club for about 9yrs and has been a lifeguard for approximately 6yrs..Here we go

- Q1. What do you do during the day? Ans. *For now I work in a nursery but in 10 days time I will be jetting off to Ibiza for the summer working as a Lifeguard/ Swimming teacher*
- Q2. What is your most treasured Possessions? Ans. *My Laptop, I can't live without it*
- Q3. What is your favourite animal? Ans. *White tigers*
- Q4. What was your best holiday? Ans. *New York, it's such a busy city*
- Q5. What was your most embarrassing moment ? Ans. *When I was younger at swimming lessons at Broadway, I forgot to take my underwear off and put my costume on over the top. Everyone else found it funny*
- Q6. What was the last CD/DVD you bought? Ans. *Don't know it was so long ago*
- Q7. What is your favourite colour? Ans. *Yellow*
- Q8. Who or What drives you MAD? Ans. *My mum LOL*
- Q9. Who is your inspiration? Ans. *Honestly, Danny, he has taught me so much and I have a lot to thank him for. Thanks Danny*
- Q10. If you had a power what would it be? Ans. *It would be so cool to fly*

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

			
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

## Jokes and Blogs and stuff

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



STAR JOKE...

Why is turtle wax so expensive?

Cos they have such **tiny ears** .....

Did You Know??  
The hippo is a vegetarian. It can also urinate backwards and goes to the toilet while wagging its tail to spread the waste over the largest area. Hippos can also secrete their own SUNCREAM ...

Mary had a little cat, Jimmy had a pup, Sarah had a crocodile, which ate the others up

To the world your just **one person...**  
But to one person u are **the world....**

1<sup>st</sup> cow, are you worried about the mad cow disease?  
2<sup>nd</sup> cow, why should I

Not even KODAK can capture those crazy memories you share with friends

Where do milkshakes come from?  
Nervous cows

Two horses standing in a field. One says im so hungry I could eat a horse.

A Chicken crossed the road and met James Bond, chicken said "what's your name"?  
Bond, James Bond.

[www.broadwayandfailsworthlifesaving](http://www.broadwayandfailsworthlifesaving)

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?  
The tongue of a BLUE WHALE is as long as an elephant

Homing pigeons can find their way home from a faraway place—even when they've never been

Did you know?  
Once a seahorse finds a mate, they are monogamous, meaning they stay together forever. And when they have a baby, it's the DAD who gives birth

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

## OPEN WATER 16th May 2010

We had an excellent turn out for our first Open Water of the season. With approximately 50 lifesavers and teachers from Broadway and Failsworth LSC and Droylsden LSC. Our first day was off to a good start. With wet suits given out, registration taken and Gaynor (our resident photographer) taking our group photographs. We were all set to go. The groups were sorted and off they went for a warm up run and then straight into the water. Here's how it went.

The Young Peoples Programme.

We had some new children this year and after they had their instructions on what to do and what to expect they entered the water with care. This young group of lifesavers performed wade in rescues, rescues using the torpedo buoys and chin tows. They finished off using the body boards. This group performed extremely well for their first time.

Assistant Rookie lifesavers/Lifeguards

After their 50m run, this group took a 60m swim out to the boundary buoys and back, then performed numerous lifesaving skills. They were using the buoys for rescues and towing the casualty to safety, using the walk out technique to prepare for the casualties aftercare.

Bronze/Silver Cross Programme

Once the group had warmed up with their 50m run, the group went straight into the water and took a 60m swim out. The group performed various rescue skills using the torpedo buoys followed by non-contact reach rescues using the large wooden sticks. Once rescued, they then used the walk out technique to prepare the casualties for aftercare.

Weather Report



Overall an excellent day, with the rain holding off and a slightly easterly wind, but the water was a little chilly and all went extremely well. Thank you to everyone who joined in this day and all the activities and of course too all the Group helpers.

We have joined with Fleetwood Life saving club on the 31st July 2010 (Saturday) with their Water Festival. This will be an exciting and energetic day with lots to do and see. Be sure you take advantage, and make a full day of it. There is Canoeing, Kite surfing and the RNLI boats have an Open day too.

From Gaynor



## 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

## Competition and puzzles

### Test your Knowledge...

1) What do your teeth help you do apart from eat?

- A) Taste
- B) Talk
- C) Think

2) Which muscle is found in your digestive system?

- A) Smooth muscle
- B) Stomach muscle
- C) Rectus abdominus

3) What do the bumps on your tongue contain?

- A) Saliva glands
- B) Taste buds
- C) Lymph nodes

4) What do you call the wall, made out of thin pieces of bone, which separates the nostrils?

- A) Bridge
- B) Cartilage
- C) Septum

5) What is your skin's natural oil called?

- A) Sweat
- B) Melanin
- C) sebum

Did you Know??

30% of your kidney function can drop if you drink more than two fizzy drinks a day..

### A Right Pair

FAR	ROSS	LEY	LING
DING	DEE	FOR	DUN
KIN	STIR	WALL	BAR

Pair up the word to make 5 WORDS that are associated to Scottish towns. 2 words will be left over to make a type of cereal plant

The world record, in stones, for the most weight lifted, by one man, in 24 hours is **72,214 that's equivalent to 4 houses!**

WIN WIN WIN a music DVD

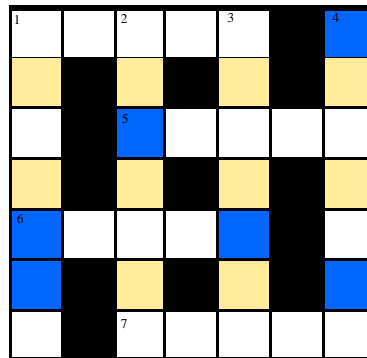
Once the puzzle is solved the blue letters spell your PRIZE word. Txt this word with your name to Tel:07989 475 498 to Win a Prize....

### Across

- 1. Shoo! Get lost (5)
- 5. Football playing surface (5)
- 6. Bladed cutlery item (5)
- 7. Written composition (5)

### Down

- 1. What sound comes out of your stereo, eg. (7)
- 2. Lizard or snake (7)
- 3. Child's glove (7)
- 4. Sad (7)



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

## More puzzles



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



### Sudoku

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

Which song includes the lyrics...

If I Lay here, will you lay with me, And just forget the world.....?

What letters are missing to complete the word

Stare

Bat

Aent

Prson

Geaway

Tril

Faulous

Yelow

Coffe

How many odour receptors do you have in your nose?

- A. 12 million
- B. 16 million
- C. 10 million

What is the international code for 'D', 'P' and 'Q'?

What is the number of BOWEL CANCER related deaths every year in the UK?

- A) 23,00
- Or
- B) 16,00

What is the number of hours food can stay in the small intestine during the digestive process?

- A) 4 hours
- B) 3 hours
- C) 2 hours

How many lipsticks would you ingest in a life-time if you were a regular user

- A) 598
- Or
- B) 863

True or False? Blood oranges can stop you piling on the weight?

\_\_\_\_\_