

# Whitworth Swimming Club News

## Summer: July 2012

### Issue: 2



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## Hello

Welcome to the second issue of Whitworth Swimming Club newsletter. The plan is to produce these as regularly as possible and available to download on our website to keep parents, children and club members involved of news, activities, events and information. If you would like to see additional features in this newsletter then speak to one of the qualified teachers or Mike Burgess. More information about the Swimming Club is also on our website [www.whitworthswimmingclub.com](http://www.whitworthswimmingclub.com)

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## Dates for the Diary

Please add these dates to your diary, phone, blackberry and calendar:

- 1<sup>st</sup> August to 8<sup>th</sup> August 2012 Kandel Exchange visit (23 children and 4 adults)
- 5<sup>th</sup> August 2012: 40<sup>th</sup> Birthday of the Swimming Pool and Swimming Club Celebration Day
- 7<sup>th</sup> October: Annual Swimming Club Gala 2012
- 4<sup>th</sup> November 2012: Medal Celebration and 40<sup>th</sup> Swimming Club party at the Riverside
- 5<sup>th</sup> November 2012: Annual General Meeting at the Riverside 7pm to 8pm. Parents welcome



At the end of this newsletter you will find:

- School Holiday closure dates
- Swimming teacher and assistant meeting dates
- Other useful Whitworth event dates

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## 40<sup>th</sup> Birthday Celebrations

On Sunday 5<sup>th</sup> August 2012, we are celebrating the 40<sup>th</sup> Birthday of Whitworth Leisure Centre and Whitworth Swimming Club.

A fun packed day has been arranged with an opening and closing ceremony, water polo, it's a knock-out and other fun stuff (more details soon).

A time-table of activities will be available shortly, please hold the date and come along and enjoy the fun.

We are collecting items for a hamper to raffle. If you would like to donate some bottles, chocolates, or other hamper items then please drop them in at the Swimming Pool reception please.



## Important Information about “Standing Orders”

Please bring your membership card every time your child attends swimming club, so the Leisure Centre can check their records and payment systems.

**Please do not CANCEL your standing order to Whitworth Swimming Club over the school summer holidays.** The cost each month is aggregated over 12 months and takes into account the holiday periods when the club is closed. We will be checking standing orders over the summer and in an event there is a cancellation, the Swimming Club will take action to recoup the money. We are a small voluntary club and every penny collected from standing orders is used to pay for the hire of the pool and train the teachers who volunteer and teach the children every week.

The standing order is £7.10 per month - on the 1st day of every month in advance.  
12 payments equates to £85.20 per annum.

From the **1<sup>st</sup> January 2013**, we will no longer be operating the 4 weeks card system for £9.00. All members who use this payment system will be advised to move to standing order for 2013 / 2014.

### **If your child leaves the club**

If your child decides they are leaving swimming club permanently, please can you inform a qualified teacher so we can update registers and inform the Pool to update their records.

In addition, please remember to cancel your standing order.

### **If your child joins the club**

If you wish your child to join the club

They will be assessed by a qualified teacher

You will need to obtain a membership number by joining the club (membership fee is £12 per child)

You will be advised to complete the standing order form

The Pool team will advise you when the standing order will commence

The Pool team will issue a payment card for a cash block payment until the standing order commences (if applicable)

Please bring your membership card every time your child attends swimming club, so the Leisure Centre can check their records and payment systems.

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## Congratulations

Congratulations to the 10 swimming teachers who passed their Royal Life Saving Society (RLSS) Teacher Rescue course in April 2012

Well done to all the youngsters who participated in the Whitworth Sports Festival Splash n Dash on Sunday 17<sup>th</sup> June 2012. There were some excellent 200m swims and sprints around Cowm Reservoir

Congratulations to our new 5 qualified level 1 Swimming Teacher Association (STA): Mel Charmer, Katie Offey, Alicia Senelle, Sam Keiley and Emily Hedley.

Congratulations to Alyssa, Gemma and Heidi who are leaving the Club to go and start University. Many thanks for all your help and teaching at the club over the years. We would like to wish you well with your studies in the future and please come back and visit us.

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## Volunteers at Whitworth Swimming Club

Whitworth Swimming Club is run by a group of dedicated and willing volunteers to ensure your children learn to swim and have an enjoyable experience.

We do all this whilst; improving their stroke techniques, helping them gain confidence, have fun, swim more lengths and meet new friends. We are always short of volunteers, helpers and teachers to achieve these aims and ambitions. Please consider if you can spare a few hours a week to help us contribute to ensuring 100's of Whitworth children can swim and have fun in water in a safe and controlled manner.

Please contact Kim Blezard, Mike Burgess or our website if you are interested and can help.

- We need Teaching Assistants to help the Swimming Teachers. Full induction and training given. Must be aged 14 or over and is great for your CV and helping your local community in the Duke of Edinburgh award.
- We really need more qualified Swimming Teachers. If you are interested in finding out more then please ask. We can support you through STA level 1 swimming teachers training programmes.
- Please remember this club runs on volunteers and we need your help and support.

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## Kandel Swimming Club exchange visit to Whitworth Dates 1<sup>st</sup> August to 8<sup>th</sup> August 2012

On the 1<sup>st</sup> August 2012 we welcome 23 Children and 4 adults to Whitworth as part of the Kandel Swimming Club exchange programme

- A welcome and leaving party has been arranged
- A range of activities have been organised for whilst the visitors are in Whitworth
- We will be celebrating at the pool on Sunday 5<sup>th</sup> August 2012
- More information about Kandel on our website and photographs from previous visits

<http://www.whitworthswimmingclub.com/#/kandel-twin-town/4544078773>

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## Swimming Club Rules

- Swimmers should not attend swimming club in shorts or bikinis. Appropriate swimming costumes and trunks must be worn
  - Children with long hair should wear bobbles or a swimming cap
  - Parents should not take photographs or distract teachers whilst teaching
  - Weekly club fees should now be paid on standing order where appropriate
  - Parents should ensure children aged under-12 are not left on their own during swimming club lessons
  - Children should not be running up and down the spectator area
  - Please be patient at the tuck shop during busy periods
  - Children should not eat for two hours prior to their swimming session
  - Please observe Whitworth Leisure Centres health and safety rules
  - Children must get their hand stamped to enter the pool
  - All children must have a shower before entering the pool
  - Please inform a teacher if your child is feeling unwell or has any injury that may affect their swimming session
  - Please ensure your child arrives promptly for their lesson.
  - Please bring your membership card (s) every week
  - Please do not cancel your standing order during holiday periods
  - Please inform a qualified teacher if your child is permanently leaving swimming club
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## View from the Pool

### What is the Rookie Lifeguard Programme All About?

Michelle Barker explains all:



The Rookie Lifeguard scheme is aimed at children from 8 years. The awards are Bronze 1, 2 and 3, Silver 1, 2 and 3, Gold 1, 2 and 3. The programme includes personal survival skills, swimming and rescuing fully clothed including shoes, stand-off, non contact and contact rescues of conscious and unconscious casualties in shallow and deep water. It also includes water safety, cardiopulmonary resuscitation (CPR) and first aid.

The Tuesday night swimmers who have had a brief introduction to this seemed to enjoy it and there is some real interest in doing more from the swimmers and the few parents that I have spoken to about it. For the older swimmers I hope it would help us to keep their interest in swimming into their mid to late teens and create an interest in a future Lifeguard qualification once they reach 16.

After the summer break I hope to introduce the awards to the lane swimmers who wish to do the programme.

We would need to spend some time dry side for the water safety, cpr and first aid (the RLSS recommend groups of 12 maximum per teacher). For this I was going to suggest that I could do 30 minutes dry with then maybe in the cafe area 7.25 –7.55 then into the water as normal at 8pm.

Watch this space for times and dates

### The transition from teaching assistant to newly qualified STA level 1 teacher is quite daunting.

Katie Offley shares her thoughts:



At first I found the course challenging as I wasn't very confident to begin with, however as we kept practicing and teaching our own 15 minute lessons, I got more and more confident.

I was nervous to teach my first lesson at Swimming Club although after the initial few minutes I began to really enjoy it and engaged with the children making it enjoyable for both them and me.

## Please note the video in the link is very graphic

Film highlights dangers of swimming in reservoirs and other open water

**A hard-hitting film has been launched to warn teenagers across the region about the potentially fatal consequences of swimming in reservoirs and other forms of open water such as quarries.** The 'Not a Game' film from United Utilities is backed by Lancashire Fire & Rescue as well as other emergency service organisations from across the region such as the North West Ambulance Service.



You can view it at [www.notagame.co.uk](http://www.notagame.co.uk) (note: contains content that some might find disturbing). Shot from the perspective of a teenage boy who decides to swim at a local reservoir, the film uses video gaming style graphics to accompany actions as they unfold on screen, culminating in images which show him getting into difficulties and drowning.

Mark Byard, United Utilities' health and safety manager, said: "If you lose a life in a computer game you just start again. But real life isn't like that. By combining realistic footage of a drowning incident with gaming style graphics, we wanted to hit home with teenagers that swimming in reservoirs is no game. Far from being fun, it can be fatal and there are no second chances."

The film has been praised by emergency service teams across the North West, anxious to avoid tragedy this summer. In the past four years nine people have drowned in North West reservoirs and other bodies of water across the region, the most recent of which being 15 year old Thomas Barton from Chorley who tragically died in May 2012 at Birkacre Brow in Yarrow Valley Park. Although there have been no fatalities at United Utilities reservoirs in recent years, the company is determined to lead the way in making sure people know about the dangers.

'Not a Game' also supported by industry organisations such as the Mineral Products Association (MPA) which runs a national 'Stay Safe... Stay Out of Quarries' campaign to highlight the dangers young people expose themselves to by entering quarries uninvited, including a Facebook page featuring videos of parents and friends of teenagers who have lost their lives in tragic quarry accidents.

As well as the film, United Utilities has produced extra resources to highlight the dangers involved, including a fact sheet from The One Show's medical expert and practicing GP, Dr Sarah Jarvis, explaining the medical facts behind the warnings. These can also be viewed at [www.notagame.co.uk](http://www.notagame.co.uk). A competition to encourage the region's school children to develop their own public safety awareness advert around this topic is also to be launched as part of the campaign.

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## Summer Holidays: We are closed on these dates

**24<sup>th</sup> July and 25<sup>th</sup> July 2012**

**31<sup>st</sup> July and 1<sup>st</sup> August 2012**

**7<sup>th</sup> August and 8<sup>th</sup> August 2012**

**14<sup>th</sup> August and 15<sup>th</sup> August 2012**

**21<sup>st</sup> August and 22<sup>nd</sup> August 2012**

**28<sup>th</sup> August and 29<sup>th</sup> August 2012**

**Half Term:**

**30<sup>th</sup> October and 31<sup>st</sup> October 2012**

**Christmas:**

**18<sup>th</sup> December and 19<sup>th</sup> December 2012**

**25<sup>th</sup> December and 26<sup>th</sup> December 2012**

**1<sup>st</sup> January 2013 and 2<sup>nd</sup> January 2013**

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**Whitworth Swimming Club – dates to remember:****Teachers and Assistants Swimming Club Meetings**

Thursday 19th July 2012

Thursday 20th September 2012

Thursday 18th October 2012

Thursday 22nd November 2012

Thursday 13th December 2012

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**Other Whitworth Events**

Saturday 25 August – Sunday 2 September: Whitworth Scarecrow Festival

Sunday 2 September: Whitworth Rushcart Festival

Saturday 13 October: Mayor of Whitworth's Charity Ball

Sunday 11 November: Remembrance Sunday

Sunday 25 November: Whitworth Christmas Lights switch on

Monday 10 December: Civic Carol Service

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**Useful Web Links**

Whitworth Swimming Club

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

Swimming Teachers Association

[www.sta.org.uk](http://www.sta.org.uk)

Whitworth Valley website

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

Whitworth Council Website

[www.whitworth.gov.uk](http://www.whitworth.gov.uk)

Whitworth Leisure Centre and Riverside

[http://www.whitworthleisure.co.uk/leisure\\_centre.html](http://www.whitworthleisure.co.uk/leisure_centre.html)

<http://www.whitworthleisure.co.uk/index.html>