



# In the Swim...

VOLUME 6 : ISSUE 4

NOVEMBER 2015

## DATES TO REMEMBER

Safety Week

Mon 7 Dec to Sat 12 Dec

PJs in water

No goggles

Term End Sat 12 Dec

Holiday Intensive Program: 2 weeks  
Mon 11 to Fri 22 Jan

Term 1 Start  
Mon 1 Feb

Term 1 Fees Due  
Sat 13 Feb

If you are NOT returning for swimming in Term 1 then please let us know. We have an extensive waiting list.

Please be advised that if you do take your child out, we cannot guarantee you will get back in.

If you are continuing to swim then we shall see you on the same day and time as you are now enrolled.

If you wish to change your day and time then please speak with reception.

**PLEASE CHECK IN WITH RECEPTION SO WE MAY MARK OFF YOUR ATTENDANCE!!**

## **SAFETY WEEK: . . .**

During our final week of term starting on Monday 7 December, we shall conduct SAFETY Week. We ask that all children of every age wear pyjamas in the water. This is so children learn to understand the heaviness of clothing and the drag created when wet. No goggles in the water please so children can learn to swim without eye protection.

## **SWIMSAFER 'LAYERS OF PROTECTION' by Swim Australia**

With the swimming season here please ensure you engage the 4 layers for optimal protection from potential drowning. **Layer 1. Be Aware:** A competent adult must supervise children at all times. Be sure to designate an adult and that all others know who that supervisor is. The supervisor must be ready to get wet and not be distracted by phones etc. Take off watches, remove phones from pockets etc so you are ready at anytime to get into the water to affect a rescue. This supervisor must not leave their 'post' before being replaced. At a party with a group of children, it is best to have more than one supervisor. Any child under 5 or non-swimmers must have a supervisor IN the water and no further away than an arm's length. When at the local pool, YOU are responsible for supervising your child, not the lifeguard.

Please note: pool fences, 'supervision' by older children, swimming and water safety lessons and flotation devices are not substitutes for constant supervision by a competent adult.

**Layer 2. Be Secure:** It is impossible for parents/caretakers to always supervise children around the home or elsewhere. Therefore it is imperative to know that any body of water is secured by fencing and a working gate. Any water that can be drained, should be, such as a blow up wading pool, immediately alleviating any danger. Larger pools or other bodies of water must be fenced by four walls and have a working (cont)



Please consider the safety of ALL children when parking on the road or in our car park. Be sure to **SLOW DOWN** and observe. Also teach your children safety whilst crossing the road, walking along the driveway, and exiting the building.

DO NOT GET IN THE POOL BEFORE YOUR INSTRUCTOR ASKS YOU TO. Your child is NOT supervised outside of their lesson. They are NOT permitted to enter the water until the instructor says they can. This means no dipping in and out or getting in. We do NOT have a lifeguard on pool deck to supervise and the instructors are teaching their lessons. Some parents are distracted in conversation or on their phone and are not actively supervising their child either. Please ask your child to sit and wait with you until it is time for their lesson. Your cooperation is most appreciated for your child's safety.

lockable gate. Check the gate works properly and is legally compliant. Remove all aids that may allow a child to climb over the fence like chairs, pots, eskies etc. Do not prop the gate open whilst doing yard maintenance as a child may slip through unnoticed or the prop may be forgotten. If moving to a new home be sure to ask for a Compliance Certificate and inspect the fencing and gate yourself. Do not rely on the opinion of others.

**Layer 3. Be Confident:** Water familiarisation and swimming lessons create confidence and enable a child to enjoy being in and around the water. Lessons should teach safe entries and exits, turning, breathing, propulsion and back floating. Such lessons should also include safety skills which allows them to broaden their water safety knowledge. This ranges from knowing not to go swimming without an adult supervising to swimming between the flags at the beach. Please note: There is no such thing as 'drown-proof' or 'water-safe'.

- Water temperature – a sudden immersion in cold water can result in 'cold shock' which may lead to deep gasping, panic and inhalation of water. Even a child who can swim, can drown in the first 2-3 minutes due to cold shock.
- Turbulent water – children who are used to swimming in still water can panic if the water is choppy or swirling. Panic can easily cause a child to forget all of their swimming skills and go under.
- Clothing – wet clothes are extremely heavy and can add an extra 20-25% of a child's body weight. Clothed swimming practice in lessons is supported.
- No Goggles – even the simplest thing like falling in without goggles can lead to drowning as the child may panic.
- Tiring – children who are swimming well one minute, can also get tired, panic and go under quite fast, so constant supervision of children who are swimming is essential.

**Layer 4. Be Prepared:** Have an Emergency Plan and be ready to action it at any given time. If a child goes missing in and around the home or outing, then ALWAYS check the pool or body of water first. Seconds count! Have a phone by the pool for emergency calls only. Learn and become accredited in CPR so you can administer this if needed. Enrol your child in lessons and importantly, yourself, if you are unable to swim or not confident being in the water.

# Let's Go Lil...please assist

**Lillian Dyball** is 6 years old and lives with a condition called Arthrogryposis Multiplex Congenita. This means most of her joints are twisted and her muscles are weak. Lil may never walk on her own. As she grows it is becoming more difficult for her mum, Nat, to lift her in and out of the car. A registered fundraising account has been set up to receive donations so the family may purchase a modi-

fied vehicle that will allow Lil to enter and exit in her wheelchair. If you are able to assist Lil please make your donation to:

Hume BSB: 640000

Acct: 607601516

Acct Name: Let's Go Lil

**MAJOR RAFFLE:**

GSA shall be running a major raffle early next year to support Lil. We are seeking businesses who may be in-

terested in donating prizes. All prize donors will receive advertising in our Newsletter, Facebook and premises.

Please speak with Janine if you have a prize to offer.

Lillian has swam at GSA for several years and loves the water environment. We wish to contribute to improving her quality of life and look forward to the GSA community jumping on board to assist her.

Check out 'Let's Go Lil' on Facebook.



## HOLIDAY PROGRAM

Will only be 2 Weeks: Mon 11 Jan to Fri 22 Jan. 30 minute lesson each day for the week at a cost of \$90 per child with only two children per class. We will be working our way through our Contact List first to assign class times.

We are conducting major maintenance on our pool during the Christmas New Year period thus the limited weeks for the HIP. We look forward to a brighter and visually appealing pool interior. Thank you for your understanding.

**SWIMMING CAPS:** Must be worn by all children 3 years and older. This is and always has been GSA policy. The wearing of caps assists our filtration system to maintain high water quality for your child to swim in. Hair tends to clump in the pool and does not fit through the filter properly. The length of hair is irrelevant as everyone loses hair. The swimming caps also keep hair out of eyes so the child may see properly and concentrate on the task at hand. We understand that some children do not like the caps, so suggest having a play with it in the bath at home first.

Lycra caps \$9

Silicone GSA caps \$12



**ILLNESSES:** We appreciate you keeping your child OUT of the water when they are unwell. It is best to protect other swimmers, our instructors and of course your child. A child who is feeling out of sorts will not participate as well as they would when they are feeling healthy therefore not getting the full benefit of their lesson. **So if in doubt, please keep them out.**

If you or your child is ill then please phone in your absence so we may arrange a **make up lesson** for you. Make up lessons are to be taken in the same term as the absence. If there are extenuating circumstances for several absences then please speak with Janine.

Your cooperation is most appreciated.

## MERRY CHRISTMAS AND A HAPPY & SAFE NEW YEAR.....

Kristy, Janine, Tom and Wayne wish to wholeheartedly thank you, the families who have trusted our family to teach yours to swim. We have had a successful, fun, challenging and rewarding sixth year of operation. Thank you for being such an integral part of our business; we love bearing witness to your children growing and improving.

An enormous thank you to our amazing team who bring their unique personalities to our program and engage your children in a wondrous love of water and swimming. We love the energy, enthusiasm and care that our team provide to their classes and your children.

We wish all families, team members and our local community an incredibly joyous, love-filled and safe Christmas and New Year with loved ones. At this time of horrendous actions around the world we hope you have an opportunity to reflect on your true meaning of Christmas. We also wish and hope for peace and comfort to those in the global community who are experiencing such horrendous acts. It truly makes you appreciate home and your family and the love and support we have here.

We look forward to seeing you all in 2016 with renewed vigour and enthusiasm for swimming and life in general!!

### **STAFF SPOTLIGHT: BROOKE DICKIE**

Brooke has been a part of our team since March 2013 when she was 14 years old. She started as a floater and is now a qualified instructor very capable of taking her own classes. Brooke has a lot of personal experience with swimming and water polo and continues to participate in swim squad and plays water polo at a high level. This experience enables Brooke to pass on her knowledge and love of the water to your child. Brooke's water polo is taking her to Japan this month as a member of the Aussies Stingers Tokyo 2020 Development Team. This is an outstanding achievement and is exciting as the team is preparing players for possible selection in the Australian team for the Tokyo Olympics. Brooke is a humble and caring young lady and we are happy to have her as part of the GSA team. She is currently studying Year 12 over two years to be able to balance her polo commitments with study, work and family.



**Lost Property:** Our bin is overflowing!! Please feel free to check it out when you are in. Drink bottles, goggles, swimmers, clothing and shoes. You may surprise yourself and find something belonging to you. All unclaimed items shall be donated to charity at the end of term.

**Naming items:** To assist with property left behind please name your clothing etc. Goggles may be written on in texta or place a name sticker around the band.

**Keys:** Please keep keys and any other small valuable items in the swim bag or such so they do not fall beneath the seating where they are difficult to retrieve.

**Car Parking:** Please use our car park provided for your convenience. Walk within the white lines to the front door and greet reception so we may record your attendance. Please do NOT park across or near the Frauenfelder Gates driveway as semi trailers need to get in and out. Do NOT park in front of Braybrook Engineering during business hours. We wish to maintain a good relationship with our neighbours. Be sure to practice road safety when crossing the road, walking the driveway; entering and exiting our facilities. If parking on the road, it is safer to have your children get in and out of the car on the kerb side. We wish to ensure all children remain safe and well.

### **DON'T TEXT AND DRIVE!**

The message is very simple and is just as simple to follow. Please do not place your family or any other family in danger. Leave your phone turned off and only look at it when you have arrived at your rest stop or destination. How many times have you had someone encroaching onto your side of the road?? It is scary and completely unnecessary!! Do not be the one responsible for altering a family's life...yours or someone else's.

