



In the Swim...

VOLUME 8: ISSUE 3

SEPTEMBER 2017

DATES TO REMEMBER

☐ Term End
Sat 23rd Sept

☐ Holiday Intensive Program: 5 days
Mon 25 to 29th Sept has limited vacancies.

☐ Term 4 Start
Mon 9th Oct

☐ Term 4 Fees
Due 21st Oct.

If you are NOT returning for swimming in Term 4 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.

SAFETY WEEK...Mon 18 to Sat 23rd September

1. Classes will be based wholly on safety activities.
2. All children (all ages and levels) are reminded to wear pyjamas in the pool and no goggles.
3. Encourage your child to ask questions and discuss safety regarding various water environments.
4. The aim of Safety Week is to:
Reinforce the safety skills included in weekly lessons and to practice new skills such as rescues.
Encourage calmness and to reduce the likelihood of panic in children if they are ever in danger in water.
To provide children with knowledge and water familiarisation so they may enjoy water activities and sports.
To provide parents with some peace of mind knowing their child is gaining knowledge and skills to participate and enjoy water activities and sports.
5. The wearing of pyjamas is a novel way of remembering to wear clothing. This is so children learn that clothing is heavier when wet; feels uncomfortable; and makes it more difficult to swim. This will give them a better understanding of what to expect if they ever fall into water or indeed need to rescue someone. Likewise with learning to cope in the water without goggles. You do not always carry goggles with you when near water. Or your goggles may even slip off your face when competing in the school carnival.
6. Safety lessons do work; children do learn! We have had several families inform us of incidences with their children where they have used skills learnt during our Safety Week as well as weekly lessons. One six year old child saved a toddler at the Wodonga pool!!
7. Please do not be hesitant about attending Safety Week or indeed doing make up lessons during this week as skills learnt and reiterated may just save your child's life!
8. Let's extend the lifesaving skills of older children and parents by enrolling in a first aid course. Every household should have at least one qualified first aider. Does your household?? There are varying levels of courses including one specifically for babies and toddlers. The money and time invested in a First Aid course could well save the life of a family member. So what are you waiting for??



BEACH SAFETY: Heading to the beach this summer then be safe:

1. ALWAYS swim at a patrolled beach. Lifeguards are trained professionals to keep you safe.
2. ALWAYS swim between the flags. These indicate a safe area to swim in and also guarantee constant monitoring by the lifeguards.
3. ALWAYS supervise your child/ren as they are YOUR responsibility.
4. Introduce your child/ren to the lifeguards on duty and talk about how to keep safe at the beach. Ask them to identify any potential dangers and how to respond if you need to eg rips.
5. Be respectful of the water and it's many different facets such as rips, undertows, tide, temperature and swells.
6. Do not go beyond the depth that you are comfortable and competent in.
7. When in the water continue to check that you are still in between the flags.
8. Your child/ren should always be within arm's reach in the water.
9. ALWAYS listen and obey instructions given by the lifeguards.
10. Never swim alone nor when you have been drinking alcohol or using drugs.
11. Be sun smart in the water and on the beach. Keep hydrated and bring your own shade.
12. For further information please go to <https://www.surflifesaving.com.au/beach-safety>
13. **If you need help, stay calm and seek attention by raising your arm above your head.**



RIVER SAFETY: Cooling off with a dip in the river?

1. Swimming in the river is very different to swimming in a pool.
2. ALWAYS supervise your child/ren as they are YOUR responsibility.
3. Be respectful of the river and it's many different facets such as currents, undertows, temperature, snags, shifting sandbanks and changing depths.
4. Always walk into the river so you can gauge the depth, temperature and current; and also check for snags or debris.
5. Your child/ren should always be within arm's reach in the water.
6. Our local river is NOT supervised by lifeguards.
7. Never swim alone nor when you have been drinking alcohol or using drugs.
8. Teach your children the dangers of the river and also the joys. Instil commonsense as a valuable tool.
9. Do not swim in the river in inclement weather.
10. Do not swim in the river when flooded.
11. Your teenager will frequent the river with friends so it is vital you teach your child/ren whilst they are young.
12. **If you need help or get tired then turn on your back and float with your feet pointed downstream.** This will enable you to see where you're going and avoid snags. The river will eventually take you to the bank however it may be a distance from where you started. Stay calm and remain on the bank until assistance arrives or you are able to walk back to your starting point on land.

PLEASE DO NOT PARK ON NEIGHBOURING PREMISES...

Not sure why we need to continue to repeat this message?? Some people are learning the hard way! Are you open to having strangers park in your driveway at home? Are you happy for someone to restrict access in and out of your home??

Ahhh thought not!

Why is it okay then for some to park on our neighbours' property or across their driveways restricting access and impeding their ability to carry out their work?

- Please do not park in Braybrook Engineering's driveway. Do not park on their property at anytime of day or night.
 - Please do not park across the two driveways of Merv's Shed at anytime of day or night.
 - Please do not park within two metres of the driveway of Fraunfelder Gates so semi trailers can access the property. Do not park across their driveways.
 - It does not matter if it appears no one is on the premises. You must respect their right to access their property at all hours of the day or night.
- ⇒ Please use our carpark provided at the back of our premises. Enter and exit the carpark slowly and cautiously at all times. Use the white lines to walk your child/ren to our front door. Please hold your child's hand and teach them road safety.
- ⇒ If our carpark is full then please use the road side to park. You may park safely along Boronia Street or Nowra Street. The distance to walk is no further (and probably less) than if you were parking and walking into Big W or K-Mart.
- ⇒ If parking on the street, then please get your children out of the car on the kerbside, hold their hand to walk safely to our front door. Teach them road safety.
- ⇒ Please do not ever park on our front lawn or in a manner that may compromise the safety of any child, yours or someone else's.
- ⇒ Drive slowly and cautiously at all times as children obviously frequent our premises and trucks also use the roads.
- ⇒ Your cooperation will assist in maintaining a happy and safe neighbourhood and environment for all to use and enjoy!

***COMMUNICATION: ARE WE TALKING YET?? CAN YOU HEAR ME??***

We have various ways in which we communicate with you. This allows you to know important dates, events, rules and general information. It assists us greatly if you:

- Read the newsletter issued once a term
 - Read the signs on our premises starting at the front door
 - Read the whiteboards located just inside the reception area
 - Like us on Facebook and read our regular posts
 - Read text messages
 - Read emails (please be sure your address is current) and reply if needed
 - Read the covering letter and invoice when emailed
 - Return missed calls or messages from 60400400 promptly
 - Listen to instructions or information provided by our staff
 - Ask questions if you need further information or you're unsure about something
 - Offer feedback at anytime so we may understand you better and continue to improve our business.
- Cooperation from both parties is paramount to communication being successful



SWIM INSTRUCTING...

Royal Lifesaving Society Riverina will be conducting the one and only local AUSTSWIM course at Lavington pool on the weekend of 4/5th November. This is the "Teacher of Swimming and Water Safety" course which is the first step required to become a swim instructor. Following completion of the practical component you need to do voluntary hours and be assessed as competent by a qualified assessor and complete a workbook to gain your full qualification. From here you will be required to provide 10 points of professional development every three years to continue your qualification as a swim instructor.

Here at GSA we are always happy to assist interested persons to gain their qualification. Swim instructing is a very rewarding career as Annette, Nadine and Alisha will attest to. It is also a great trade for young people seeking employment throughout university years or whilst travelling.

Please go to <https://www.royallifesaving.com.au/training/swim-austswim> for further information.

Courses are also conducted regularly in Wagga and metropolitan cities.

SCHOOL SWIM PROGRAMS...

This term we have hosted St Patrick's Parish School, Walla Walla Public School and Trinity Anglican College. Next term we shall host further sessions for Trinity, Burrumbuttock Public School, Table Top Public School, Rand Public School and Walbundrie Public School. We shall also have instructors attending Jindera pool to facilitate the program for St Mary Mackillop Catholic College. The school program enables us to teach many students who do not do swim lessons outside of school. It also gives the students who do attend lessons a week/fortnight of intensive instruction. For a minimal cost, this program is well worth having your child do!

TIMED SPRINTS FOR SQUAD STUDENTS...PERSONAL IMPROVEMENT.

During weeks 4 and 8 of each term we do timed sprints with our squads. This is recorded and displayed on our noticeboard at the bottom of the ramp. This is a great way for the swimmers to check their progress and for the instructors to work on a competitive element of swimming. The aim in swimming is to achieve "personal best" (PB) as often as you can. Please check out your times.

ENTRANCE GATE...SAFER ENTRANCE AND EXIT FOR ALL CHILDREN:

We are presently working on having a fence and gate constructed and fitted just inside the front door. This shall act as primarily a barrier for the children who are inclined to run out the front door ahead of mum or dad. It shall give you (and us) peace of mind knowing that your child is not potentially amongst the traffic without supervision. It will also allow staff to more effectively monitor whom is entering our premises. The gate may present as a 'nuisance' to some however we value the safety of all children, and our sanity too! If you have any difficulties entering or exiting then please request staff to assist you.

CHOCOLATE FUNDS..FROGS...CARMELLO KOALAS...WHERE DOES THE MONEY GO???

We have been selling Fundraiser Freddos since mid 2014 when we had a team participate in the "Ride to Conquer Cancer" raising funds for The Peter McCallum Cancer Centre. During the past few years we have been able to make significant donations to several local charities and a couple in memory of customers or family members. We are always open to suggestions for charities worthy of a donation so please do not hesitate to talk with Janine if you have any thoughts.

ALL FUNDS RAISED ARE DONATED:

Border Relay for Life

Let's Go Lil (customer)

MND Research Institute (Motor Neurone Disease) (In Memory of Customer's Family Member)

Nick's Journey

The Melanoma Clinic at Alfred Hospital (In Memory of Customer)

Cribs for Stillborn Babies (In Memory of Customer's child)

Sam Baker Community Fund