



St Edmundsbury Life Saving Club

e-Newsletter

July 23

www.stedmundsburylifesavers.org.uk

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We held our Annual General Meeting in June which was well attended by members & parents. As they heard, the club remains very healthy with good membership and stable finances which have allowed us to maintain weekly fees and offer free membership to existing members over this last year. I am also very pleased to say the existing committee have all agreed to stand again for another year. The highlight was the presentation of awards which this year included Neve & Millie receiving a limited edition club pin badge for their services to the club since they were 8! Our annual award for the Bresus Trophy & Rookie Shield for dedication, commitment, attitude and achievement voted for by club trainers were also presented. Deserved winners this year were Bresus – Lucy Martin and Rookie Jesse Mouncer.



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New

RLSS Award
starting next term



The RLSS has launched its new National Lifesaving Academy (NLA) which we will start to follow in the new term. Those members in Survive & Save have been finalising their awards this term ready to move to the new awards. The NLA allows previous awards/ skills to be considered so members can enter at the right level and new members can also pick up the core basic skills and still achieve awards. If you have any queries, please speak to your trainer in September. The Rookie awards continue as normal with the older Rookies moving into NLA at about 12 years old.





Thankyou for sending this to us, and it highlights that incidents can happen and you never know when you might use your skills.
Well done Ned!

Real Life Rescue... A former club member (Ned) was away in Denmark in a pool when he had to use his lifesaving skills for real. Unbeknown to the other team mates, one of them couldn't swim and had spent his time in the part of the pool where he could stand. Suddenly he found himself on a steep slope downwards and he panicked (one end of the pool had diving boards so it became very deep). Ned was not in the water at the time and was with a group of the boys watching - initially they all thought that he was messing about, but something quickly struck Ned as odd and he dived in and swam to his friend. He said he didn't do it all right, as he grabbed his friend by the arm (which he said isn't a lifesaving technique) and felt his friend tense his arm so he could pull him up. He then swam holding him up out of the water to the edge and they got out. His friend has said that he would have died if Ned hadn't saved him. Ned's mum said ***"I feel immensely proud of him and grateful to you all for the training which undoubtedly played a big part in him spotting the danger and reacting so quickly and confidently. There were life guards on duty who remained unaware. I wanted to tell you this because at 13 most kids wouldn't have thought this situation would arise, but it shows how easily it can and how crucial the skills you teach are"***.

Club Camp 2023



Another fantastic weekend at Hemsby with around 60 members & families enjoying a slightly windy camp. Beach lifesaving, games, camping, BBQ and fish & chips made for a successful camp. There will be more pics available on the website and in our next newsletter, along with the results from the Bob Myles Open Water Challenge! ***If you have some pictures or video to share please send to George – Whatsapp 07753 950736***



Events/ Diary Dates:

Open Water Dates – 20th August Felixstowe 10am

Branch Sheila Norman Open Water Competition – 24th September

New Term Starts 5pm Sunday 10th September

The hot weather we are getting means we are also seeing increasing drownings reported on the news. We wish you all a fun, safe and enjoyable summer. Here are some pointers from the RLSS we hope you find useful, and we look forward to welcoming you back on the 10th September. Best wishes **The Committee**



10 Drowning Facts

47% OF ACCIDENTAL DROWNINGS occur between May and August.

82% of those who drown accidentally in the UK are male.

Only 51% of Black children in the UK can swim, compared to 73% for White British children

Only 30% of parents surveyed said they were 'very confident' that their child knows how to stay safe in and around water.

59% of UK accidental drownings occur at inland water sites.

Around two thirds of UK adults surveyed have never had any formal training or education in water safety.

47% of those who lost their life to accidental drowning in the UK never intended to be in the water.

An average of 312 UK and Irish Citizens lose their life to accidental drowning each year.

In our analysis, 73% of accidental UK drownings occurred in the absence of professional supervision, such as a RLSS UK qualified lifeguard

Alcohol and/or drugs are a factor in 32% of all UK accidental drownings.

Drowning is preventable. Even one drowning is one too many.

ALWAYS FOLLOW THE WATER SAFETY CODE

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.

STAY TOGETHER

When around water always go with friends or family. Swim at a lifeguarded venue.



Call 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.



WATER SAFETY

... in Rip currents

Rip Currents are currents of water typically flowing from the shoreline back out to sea. They are commonly formed by a build-up of water on the beach caused by wave and tidal motion but can also form where an estuary runs into the sea.

How to Escape

- Call for help
- If you have a buoyant aid (like a surfboard on inflatable) keep hold of it
- Do not swim against the current
- Swim parallel to the shore - this makes sure that you are swimming out of and not back into the rip current
- Once out of the rip current, swim towards the shore, being careful to avoid being drawn back by feeder currents

Tides

In the UK tides are relatively regular and predictable, yet despite this fact every year a number of people are caught out by rapidly rising water and end up being trapped in isolated bays. If you intend to venture across any beach or bank affected by tidal water, make sure you know when the incoming tide is expected and know where all the exits are.

British beach flag signs

It must be remembered that beach flag systems are different across the world. However, current ordinate the flags for the future.



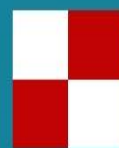
Red
Don't go into the water



Red over yellow
Lifeguarded area - swim between the flags



Black and white quarters
Surfing area, swimmers keep out



Red and white quarters
Shark warning (unusual in UK)



Orange Wind Sock

Shows the direction of the wind. If the wind is blowing out to sea do not go into the water on an inflatable (NB Advice is never to go into the sea on an inflatable)