



St Edmundsbury Life Saving Club

e-Newsletter



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www.stedmundsburylifesavers.org.uk

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Richard's Christmas Message...

With 2017 coming to a close on behalf of the committee I would like to wish you all a Happy Christmas and look forward to seeing you all on Sunday 7th Jan 2018. Just a few 2017 highlights, 17 pairs competed in our in house competition, 65 members at our annual club camp (Biggest ever) and 18 pairs competing in the *Bob Myles* open water challenge (record number). A channel relay completed and 6 pairs competing in the Suffolk Rookie challenge competition with St Edmundsbury LSC taking 1st and 2nd place! Happy Christmas and a prosperous New Year.

More Awards...

Jules's Rookie group has been working hard this term towards their CPR and Bronze 3 award which they should finish early January. This term they have also started to use the diving equipment which they have all enjoyed. Nigel's class has worked towards Bronze 1 and are nearly there, if only they listened more!

Survive and Save members have also completed more awards this term. Congratulations to Terrys group Mason, Corey, Jamie and Aiden who have completed their Life Support and Bronze Core. Naomi, Grace, Amy, Tom and Billy have also passed their Life Support, Bronze Core and Medallion. In Rick's group, many of the group are well on their way to Gold Core & Medallion.

Sam also passed his NPLQ to become a qualified Lifeguard, so watch out for him on poolside soon! **A really well done to everyone!**

Winter Water Safety

Did you know that more people walking or running alongside water fall in and drown over winter than in any other season!

Slippery paths, ice and poor light can make being near water more dangerous than in summer months. The cold water temperature also makes it difficult to control your breathing. If you haven't seen the short film from the RNLI **'Float to Live'** then it is well worth a watch!

<https://www.youtube.com/watch?v=3OBCFEEZe1U>

Useful tips for staying safe around water this winter;



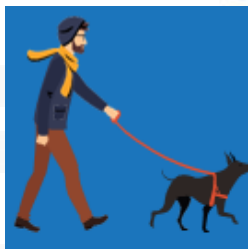
KEEP BACK FROM THE EDGE

When walking alongside water keep back from the edge.



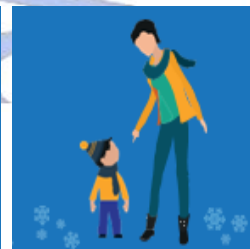
ONLY USE WELL LIT AREAS

Time your walks to make the most of the daylight; if you need to walk in the evening only use well-lit areas or take a route not alongside water.



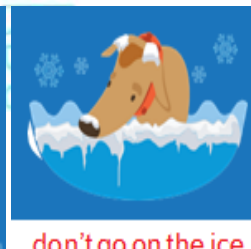
keep dogs on their leads

Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.



teach children not to go on to the ice

Teach children not to go onto the ice under any circumstances.



don't go on the ice to rescue a dog

Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.



Rookie Competition

We hosted the annual Suffolk Branch Rookie Competition at Bury on the 19th November, where we were joined by Rookies from Ipswich and Deben. The pairs competed in 4 events (just like the national championships): A water based incident where they had to assess the situation and save multiple casualties using their lifesaving skills, they then moved straight to a first-aid incident where they provided care and resuscitation for a couple of casualties. Next was the speed rope throw rescue, with Rookies taking it in turns to coil and throw the rope to rescue their partner in the fastest time. The last event was the Body Board speed event, which is a slight change to the national event, but more fun! The pairs had to paddle one length and change over.

It was great to have the support of the spectators encouraging everyone and Thank you to the Rookies and Survive & Save members for being the bodies and helping us run the event. The results of each event were:

Wet Incident – Jo Whiteman & Sam Bercovici, First-aid Incident – Sylvie Melvin & Philippa Baldwin

Speed Rope – John Everett & Tom Richardson, Body Boards – Jo Whiteman & Sam Bercovici

The 2017 Champions were Jo & Sam, 2nd Sylvie & Philippa both from Bury and 3rd Hannah & Grace from Deben LSC. Full results available on the website. The winners were presented with shield and medals by Jo Thompson, the new RLSS Drowning Prevention Coordinator for the East. Well done to everyone! **George**



Events/ Diary Dates:

Christmas Cracker Fun Competition (normal club times) – 17th December

New Term starts 7th January (No Lifesaving on 11th February)

Potential Club Camp Weekend – 7th & 8th July 2018