



St Edmundsbury e-Newsletter

Life Saving

July 21 www.stedmundsbury-lifesavers.org.uk 40

From the Chair...Well we have successfully completed the remainder of the club year and my thanks goes to the committee, trainers, members and parents/ families for their contribution towards this. Whilst we haven't been able to commence dryside activities, the water sessions have been consistently well attended and hopefully you have all got back into your swimming! For those of you that attended the AGM you will know the club remains very stable in terms of membership and finances which is very positive. I am also really pleased to say that the existing committee have stood for another year and I would like to say thank you on your behalf to all of them for keeping the club running. Whilst we only had part of a club year, we also presented our annual awards so many congratulations to our Rookie and Survive & Save winners! I hope we see you over the summer, but if not enjoy the weather, water and stay safe. Best wishes *George*



Summer Activities planned...

Date & Time	Location	Event
22/8/21 10am-3pm	The Dip, Felixstowe (see website for location)	Open water session and family/ friends picnic. All welcome, bring your food/ drink and hopefully plenty of sun cream
5/9/21 10am – 12noon	The Dip, Felixstowe	Open water training
12/9/21 10am – 12noon	The Dip, Felixstowe	Open water training and awards
30/7/21 6-8pm	Meet Nowton Park Car Park (Bury)	Outdoor family games, Fish & Chips. Family & friends welcome and encouraged!! We will send an email for booking!

As all these activities are weather dependent, if we have bad weather please check the club website the night before and on the morning as this will be where we update you all!

Club AGM

We held our meeting at Leisure centre on the 27th June. Despite the challenged year clubs have all had we remain in a good position with strong membership. The previous minutes and this years accounts were all agreed. I am also pleased the committee was voted back in and is:

Chair – George, Vice Chair – Nigel, Secretary – Elaine, Treasurer – Sarah, Lifesaving Coordinator – Rick, Equipment – Jules, Media/website – Kate, Awards – Jonathan and Club Captain – Neve.

Club Honours

Many congratulations to Maddie & Richard (pictured left) on being awarded the Rookie Shield and Breseus trophy respectively. The trainers award these yearly for commitment, dedication and enthusiasm to club activities. It's always hard to pin these down to 2 people (so well done everyone!), but having never been awarded it, Richard was an obvious choice this year!

The Trainers



Club Camp 2022!

During the May bank holiday some of us took the opportunity to check-out the campsite and beach at Hemsby to help us plan a return of club camp! The weekend was dry, bright if a little chilly in the evening. The site was well organised and COVID secure and whilst the beach was busy in places, there was plenty of space for us to enjoy. We only managed a short paddle as the water temperatures and onshore breeze were cold! The site wardens mentioned how booked up they were already getting for 2022 so we took the opportunity to reserve our space.... **SAVE THE DATE....more details in September!**

8th - 10th July 2022



Events/Diary Dates:

Term Dates – last night is 18th July and we return on **Sunday 12th September** 5pm. Class times will be 5-7pm with exact details confirmed over the summer.

Summer Activities – 30th July 6pm Games and Fish & Chips Evening. 22nd August Open water & Picnic, Open water dates training also on 5th & 12th September.

Summer Advice & Guidance....



Water Safety on Holiday Top Tips

- **You are your families lifeguard** - Lifeguard standards differ outside of the UK and Ireland. Always supervise children and keep them within arms length
- **Do your research** - check the safety arrangements of any water-based activities and if there is lifeguard cover at the pool/beach and know what to do and who to call in an emergency
- **Do not use inflatables in open water** - Inflatable dinghies or lilos are a well-known hazard – each year there are a high number of incidents where people on inflatables are blown out to sea.
- **Make sure the whole family can swim and know basic water safety**
- **Check bathing sites for hazards**, check the safest places to swim and always read the signs – find out what local warning signs and flags mean

Further Tips

- Swim with any children in your care – it's more fun and you can keep them close and safe
- Follow the pool rules
- Take time to check the depth, water flow and layout of pools
- Never enter the water after drinking alcohol
- On beaches check when the tide will be high and low and make sure that you won't be cut off from the beach exit by the rising tide. Also be aware of dangerous rip-currents
- Do not swim near to or dive from rocks, piers, breakwater or coral
- Swim parallel to the beach and close to the shore