



St Edmundsbury *e-Newsletter*

Life Saving Club

July 22 www.stedmundsbury-lifesavers.org.uk 43

As we come to the end of another club year, I would like to thank everyone for making it a great success! As always, the work behind the scenes of the committee and the commitment of all the trainers on club nights deserves a special mention, without this we wouldn't have a club! We have finally got back to almost normal sessions now and it was fantastic to hold club camp this month and you will see further down what an amazing success it was! I hope you stay safe over the summer and enjoy water and I look forward to seeing you all back on the 11th September. Best wishes *George*

Goodbye Anya!!

Anya Barrett attended her last survive and save session on 26th June before flying off to Australia for a year with her family.

We will all miss Anya who has been a regular attendee on a Sunday night as well as at open water sessions and club camp since she was eight years old.

Anya is planning on joining the Melbourne surf lifesaving club whilst she is away and we are hoping she will keep in touch with us if she has time !!

Felixstowe Lifeguard Unit

Our open water sessions at Felixstowe are possible because we have access to the Lifeguard Hut. For those that have been there recently, the hut was in need of repair. They have managed to raise some funds to support this and as a committee we have agreed to support the cost of repairs. This will secure a facility for future years to enable us to offer vital open water experience to our members. This year's remaining dates are 31st July and 14th August – both 10am. More details on the website!

Club Annual General Meeting

We held our AGM in June and were able to present a very positive position. The committee was re-elected with one addition – Millie Pearce is now Joint Club Captain with Neve. It was a pleasure to present our Breseus Cup to John Everett for his long term commitment to the club and now assisting with training and the Rookie trophy for hard work and enthusiasm was awarded to Emily Wilson. The trainers had a hard decision this year which reflects all the hard work of the groups!

The Trainers



Club Camp 2022



We were back in Hemsby with 70+ members and families for a fantastic weekend of fun & games, Fish & Chips, Quiz, Tug of war, BBQ and some excellent open water experience! Jonathan booked the weather as you will see from the pictures (Thanks Bethan!) and the many Trainers and very willing parents helped with all the activities (great effort everyone) so everyone really had an excellent time. Games on camp (well organised by Neve) and a quiz that 'Max' found too easy (Millie & Neve) and ended with only 1 point in it! The beach time saw a very competitive game of 'Flags' and Tug of war. Day One in the water was a challenge against the currents but everyone did really well. After the BBQ (Thank you Chefs – Will, James, Richard W), the camp fire songs, marshmallows and Joe's play list (and Thomas's moves) were a lovely way to watch sun set. Day two on the beach was amazing – great rescues and then playtime in the waves. We received many compliments about our group "a credit to the club they represent" which is amazing. ***Thanks to everyone for making this a very memorable camp*** and it was great to see everyone's confidence in the water improve as the weekend went on! Some external thanks – Krazy Horse for the BBQ and St Edmunds Butchers for supporting the BBQ food

There are more pictures on the website so please do have a look at the gallery!



Events/ Diary Dates:

Open Water – Felistowe 10am 31st July & 14th August

New Term Starts – 5pm Sunday 11th September

The current warm weather has unfortunately already seen drownings in the UK. Please remember the water temperature does affect your ability. Stay safe this summer....



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