



David "Blondie" Fielding  
Keynsham Lifesaving Club

6 Beckington Road, Bristol, BS3 5EB  
chairman@klsc.co.uk / 07921 719 291

### Open Water Training

Keynsham Life Saving Club is excited to be running four open-water training sessions this year – and we'd love you to join us! We're training at three fabulous different venues, so you'll be able to put your skills to the test in a **river**, a **lake** and a **beach** environment. No previous open-water lifesaving experience is required to take part.

During our carefully graduated sessions you'll learn essential **water safety skills**, including how to **spot hazards** and **stay safe** in open water. We'll teach you how to react if you see someone in difficulty in the water, and how to **rescue** them safely. You'll learn **communication skills**, and use **specialised rescue equipment** such as **torpedo buoys**, **throw-bags** and **paddle boards**, we even hope to offer a **power-boat** ride during our trip to Bournemouth.

### Open Water Training Sessions

These sessions are a great chance to put your lifesaving skills to the test in a real-life environment, supervised by our experienced team of instructors.

Date/Time: 26 June 2022 - 5:30pm-6:30pm (Rookies) // 6:30-7:30pm (Seniors)

Venue: Bristol Avon Sailing Club, Mead Lane, Saltford, Bristol, BS31 3ER  
[www.what3words.com/limelight.dusted.interviewer](http://www.what3words.com/limelight.dusted.interviewer)

Parking: Park behind the sailing club (drive through the wooden gate on the left, immediately after the clubhouse).

Date/Time: 3 July 2022 - 5:30pm-6:30pm (Rookies) // 6:30-7:30pm (Seniors)

Venue: Bristol Avon Sailing Club, Mead Lane, Saltford, Bristol, BS31 3ER  
[www.what3words.com/limelight.dusted.interviewer](http://www.what3words.com/limelight.dusted.interviewer)

Parking: Park behind the sailing club (drive through the wooden gate on the left, immediately after the clubhouse).

Date/Time: 10 July 2022 - 5:30pm-7:30pm (Rookies and Seniors)

Venue: Henleaze Swimming Club, Lake Rd, Bristol, BS10 5HG  
[www.what3words.com/reds.bits.smoke](http://www.what3words.com/reds.bits.smoke)

Parking: Drive carefully through entrance archway, down driveway to barrier. Tell the attendant that you're here for the lifesaving training.

Date/Time: 17 July 2022

Time: 10:30am-6pm (Rookies and Seniors)

Venue: Bournemouth Lifeguard Corps, West Undercliff Promenade, Bournemouth  
[www.what3words.com/galaxy.recall.fade](http://www.what3words.com/galaxy.recall.fade)

Transport: We will provide minibus transport from Keynsham Leisure Centre (departing at 8am and returning at 8pm). If you wish to make your own way to Bournemouth you should park in Durley Chine Car Park, Bournemouth, BH2 5JF and walk East along the promenade for approx. 300m

## Pre-requisites and Water Safety

No previous experience of open-water lifesaving is required; however, participants must be at least 8 years old and have a good level of water fitness (participants should be able to complete a continuous swim of 100m on their front and 100m on their back, and be able to surface dive and tread water for 2 minutes).

With a few simple precautions, swimming in open water is generally safe. There is always a small risk of infection associated with swimming in open water, but this can be minimised by a few common-sense preventative measures: cover open wounds with a plaster before entering the water, avoid swallowing the water, shower thoroughly after training, and wash your face and hands before eating or drinking. If you feel ill or develop flu-like symptoms up to 30 days after swimming in open water, you should take the precaution of seeing a doctor.

## Kit List

For all sessions: participants must wear a wetsuit, a brightly coloured swim hat, and lace-up trainers/wetsuit boots to wear in the water (*not* sandals because they'll fall off). Footwear **MUST** be worn at all times including in the water! Participants should not wear any jewellery or bring any valuables with them.

Additionally for the trip to Bournemouth Lifeguard Corps, participants should bring:

- Packed lunch
- Personal Medication
- Swimming costume (no bikinis please)
- Goggles
- 2 x Towels
- A brightly coloured swimming hat
- Sun hat
- Sun glasses
- Waterproof sun cream (At least factor 30)
- Waterproof coat
- 2 x T-Shirt & shorts to swim in
- Shorts
- Trainers
- Water bottle
- Plenty of snacks
- Wet-clothes bag
- A small amount of money
- Spare change of clothes
- Warm Jumpers
- Lace-up shoes to wear in the water (Not sandals because they'll fall off)

## Questions

If you have any questions about these events, please don't hesitate to give me a call to discuss.

Yours sincerely,

David Fielding  
Chair  
Keynsham Lifesaving Club