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### **Water Smart Award 2021**

Keynsham Lifesaving Club are pleased to announce that we'll be resuming COVID-secure training on the **9<sup>th</sup> May**. During this term, we're offering new and existing members the opportunity to complete the Royal Life Saving Society's Water Smart Award - all ready for summer.

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 get to try sample some **lifesaving competition** events, learn **communication skills**, and use **specialised rescue equipment** such as **torpedo buoys**, **throw-bags** and **paddle boards**.

The sessions will start in the familiar surroundings of the **swimming pool** then, as you progress, you'll have the chance to put your skills into practice in a controlled **open-water** environment down on the River Avon. You'll be guided and supported every step of the way by our team of expert instructors.

#### **Course Details**

The course will take place over seven sessions. The first four sessions will take place in the swimming pool at **Keynsham Leisure Centre, Keynsham, Temple St, BS31 1HE**. The final three sessions will take place at **Bristol Avon Sailing Club, Mead Lane, Saltford, BS31 3ER**, as follows...

- Week 1: 9 May, 3-4pm, Keynsham Leisure Centre
- Week 2: 16 May, 3-4pm, Keynsham Leisure Centre
- Week 3: 23 May, 3-4pm, Keynsham Leisure Centre
- Week 4: 13 Jun, 3-4pm, Keynsham Leisure Centre
- Week 5: 20 Jun, Session 1 = 6pm-6:50pm, Session 2 = 7pm-7:50pm, Bristol Avon Sailing Club<sup>1</sup>
- Week 6: 27 Jun, Session 1 = 6pm-6:50pm, Session 2 = 7pm-7:50pm, Bristol Avon Sailing Club<sup>1</sup>
- Week 7: 4 Jul, Session 1 = 6pm-6:50pm, Session 2 = 7pm-7:50pm, Bristol Avon Sailing Club<sup>1</sup>

The course costs just **£45** per person, which includes all tuition and the cost of the Water Smart Award.

#### **Pre-requisites**

No previous experience of lifesaving or open-water swimming 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).

To book your place, please visit our booking website: [www.webcollect.org.uk/keynshamLSC](http://www.webcollect.org.uk/keynshamLSC)

Many thanks,

David "Blondie" Fielding  
Chairman

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<sup>1</sup> Select Group 1 or Group 2 at time of booking.

## Annex 1 – Open Water Safety

With a few simple precautions, supervised 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
- 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.

For the open-water sessions you'll need to provide and wear:

- a well-fitting wetsuit
- a brightly coloured swim hat
- 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.

## Annex 2 – COVID Precautions

The safety of our members and volunteers is always our top priority. We have put measures in place to comply with the government's coronavirus guidelines. Please read this section carefully – it contains lots of important information to keep you safe!

It is important for candidates enrolling on training courses and attending clubs to understand that no PPE or other protective measures can provide 100% protection from infection with, or transmission of, COVID-19. Whilst the awarding organisation (RLSS UK) have provided guidance to clubs to mitigate risk so far as reasonably practicable, there will still be an element of risk involved in attending.

As part of the booking process, all participants must complete a COVID declaration form to confirm that they will not attend training if:

- They have a high temperature
- They have a new, continuous cough
- They have loss or change to my sense of smell or taste
- They are having to self-isolate due to coming into contact with someone with COVID-19 symptoms
- Someone from their household has COVID-19 symptoms or is having to self-isolate

## *Pool Training*

- Unfortunately, parents/guardians are not permitted to watch the training session from poolside, but must remain in the vicinity of the leisure centre throughout the session in case they need to collect their child early.
- Participants should meet (socially distanced) in the covered area outside the leisure centre foyer.
- Use the using hand sanitiser (provided by KLSC) on arrival.
- Arrive "swim ready" (wearing your swimming costume underneath your clothes and having showered at home).
- Wear a face covering to enter and leave the building and to transition to and from the pool side.
- You may remove your face covering and outer-clothing on poolside when directed to do so by the instructors. Remember to bring a bag – clearly marked with your name – to put your clothes in whilst you swim.
- At the end of the session, you will towel-dry, put your clothes on over your swimming costume, and replace your face coverings.
- Parents will collect participants promptly from the fire exit at the deep end of the pool.

## *Open Water Training*

- Please arrive promptly (but no more than 5 mins early) for your session. At the end of your session, please leave promptly to avoid overlap with other groups.
- If the riverbank is crowded, it may not be possible to maintain safe social distancing from other water users. In this case we may need to cancel the session at short notice via text message, so please ensure we have a valid mobile-phone number and check your messages before you set out. Whilst this is understandably disappointing, it is a necessary measure to ensure your safety.
- To minimise the risk of cross-infection, there will be no toilet, shower or changing facilities available. Please use the toilet at home and get changed into your swimwear *before* you travel to the venue. You can then put your wetsuit on in the car park. On completion of the session, you should remove your wetsuit, towel yourself dry, and travel home in your swimwear (you may want to bring a towel to sit on, and maybe a jumper or dressing-gown to keep you warm). Please *do not* get changed in the car park.
- Participants must maintain a 2-metre gap from other people at all times. On arrival at the venue, we will have a quick (socially distanced) safety briefing, then we will walk to the river bank.
- Parents or guardians must remain in attendance throughout the session. This is to ensure that you are immediately on hand to take your child home if they start to feel cold (remember: to minimise the risk of cross-infection there will be no shower or changing facilities available at the sailing club). You may wish to bring a book or magazine to pass the time.