



Cheryl's Chief Instructor's Tips

Turtles will be making a splash this month by taking part in Drowning Prevention Week 2019.

Drowning Prevention Week was created by the Royal Life Saving Society UK (RLSS UK) and this year will be organised in partnership with the RNLI and Swim England.



Water safety activity in the UK and Ireland will run from 14 - 24 June, 2019.

More than 700 people drown in the UK and Ireland every year, that's one every 10 hours, and many more suffer injury, sometimes life changing, through non—fatal drowning experiences.

The national campaign aims to ensure everyone knows how to have fun and stay safe near water. Turtles will be taking part by hosting water safety activities in the gala lane. We welcome all members to come and join in. For our less competent swimming members our helpers are on hand to help teach floating in a fun way in the shallow end.

Learning to float is a Core Aquatic skill of buoyancy and balance and progressive tips on how to achieve competency are listed below:



Picture 1

Learning to float with helper support like a star!

Teaching points

Head Back and ears in the water

Tummy and belly button up

Clench bum cheeks (glutes) together to propel pelvis up

Breath naturally and relax

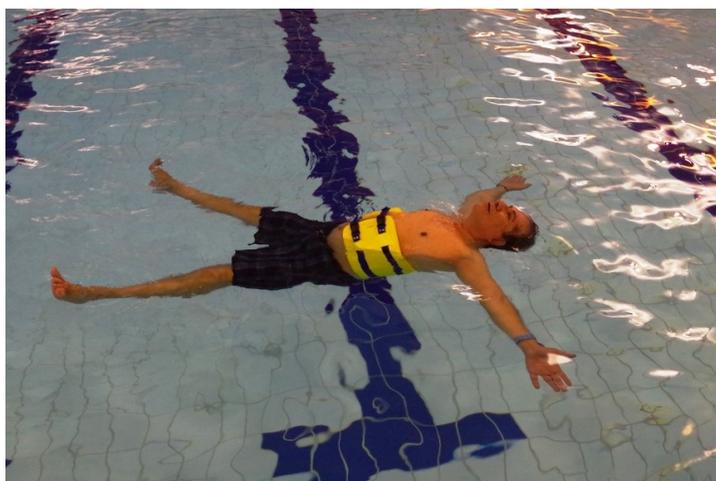
(If you find they are holding their breath ask them to count to ten)

Chief Instructor's Tips (Contd.)



Picture 3

Learning to float with no help and just a noodle like a star!



Picture 4

Learning to float on your own like a star

Picture 5 & 6

Pencil float shape

Now you know how to float you can try different shapes or even try to create the alphabet?

Letter L Shape float.



Please note the advice in these articles is only general advice and you should always follow the advice of your G.P.