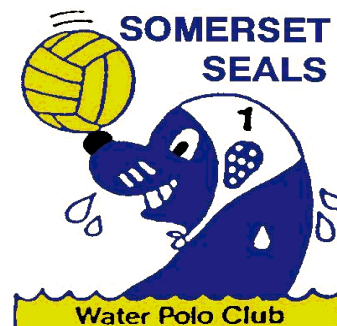


Seal Speak



Results

Women: Won 3-1 against Peel and played for the first time this season without any subs. Ruth was the star of the night with 2 goals. We got lots of practice at extra man attack as they had plenty of kick outs - weren't great at converting them to goals but good at setting them up in the right positions. Everyone had a good game and were rightly exhausted afterwards from no break.

Men: The men lost a nail biter 6-5 against the team from the south Peel. Another stand out performance from Cameron Brumley who kept the men in the game. For the next couple of weeks, they will need to work on extra-man play.

Masters: Somerset Sluggers were defeated 6-4 by Dolphins according to the results on the web. But am sure everyone put in a heaps good effort because they are top Aussies.

Fixture this week: Round 7

- Somerset Sluggers vs Melville : UWA court 1, 7pm Tuesday 1st December (Ahhhhh! December's here).
- Somerset Div 1 Women Starlets vs. Phantoms: Somerset Pool, 7:15pm Wed 2nd December.
- Somerset Div 2 Men vs Phantoms: Somerset Pool, 8:00 pm Wed 2nd December.

Please express your interest regarding the date for Christmas get together and social carnival vs Bunbury and Dolphins on the notice board in the club rooms. Please do it this week.

What if you have to provide the first aid?

A discussion at the committee meeting last week covered whether or not teams should carry a first aid kit. The conclusion was no, as at all the pools we train/play at we pay our entry fee and there are trained lifeguards with access to comprehensive first aid kits.

This lead onto a further discussion about a defibrillator being available at the pool, particularly at Somerset Pool. As responsible pool users and competent swimmers we should all be aware that it is possible for someone to have a heart attack while swimming training or playing water polo. Heart problems are not only restricted to the more mature population, but can occur in younger people particularly if they have a family history of heart problems at a young age. There was an incident at Challenge Stadium in June this year when a masters water polo player and fit swimmer, Geoff Fisher, was kept alive by fellow swimmers while it took staff >10min to locate the defibrillator. Early defibrillation = often better outcome.

Just a bit of food for thought:

What would you be able to do if while swimming a few leisurely laps the person in the lane next to you looked like they were in trouble, grasped their chest, screeched out in pain, then appeared to stop breathing?

Practices change over the years, and this is the most recent information about how things are done.

- 1) Get them out of the water. Get someone else to call for an ambulance.
- 2) Check if they're breathing. If not then forget checking for a pulse (unless checking pulses is a common part of your daily job) give 2 quick breaths and commence compressions at a rate of 100 per min. 30 compressions to every 2 breaths. If you don't fancy giving mouth-to-mouth, just do compressions.
- 3) Send help to get the defibrillator (Automatic External Defibrillator). Dry off the persons chest. It's okay if the rest of them is wet, just so long as where the pads are attached they are dry.
- 4) Never used a defib before? No problems, they tell you exactly what to do once you've stuck the pads on, and even that step is pretty fool proof (just look at the pictures on the pads). The defibrillator will analyze the patients' heart rhythm and tell you if it is shockable or not. If it is shockable, it will tell you to stand back (all clear!) while it provides the shock. As soon as the shock is delivered, start CPR again, don't bother checking for a pulse. Stop CPR when the person starts to show signs of life like moving limbs, or making noises. Not every heart rhythm is shockable, and the machine might tell you to just keep giving CPR.
- 5) Get the defib to check the rhythm every 2min of CPR, as a shock can be given every 2 min. Keep going until the SJA arrives.

