

Activity Report

Vol 4

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1. Mid-term presentation

On July 20th Japan International Cooperation Agency (JICA) volunteers held mid-term presentation at Kenenisa Hotel in Addis Ababa. In this presentation, there were eighteen volunteers presented their activity. They are currently serving in the field of: early childhood education, primary school education, science education, woodwork, tourism and physical education in various regions of Ethiopia.



~My presentation~

In my presentation, I explained about my 1st year activity and result. I challenged a lot of work in 1st year with staffs to solve problems about safety measure and water management. As a result, we succeeded to improve our swimming pool environment safety and clean. At the end of my presentation, I said we will organize satisfied pool environment for the students and for their future students.

Our sports field party explained about why we came to Ethiopia. The reason is for the Tokyo Olympic in 2020. This project is called “Sport For Tomorrow” (SFT). Now, over twenty sport volunteer are dispatched in Ethiopia to make opportunity of sport for the children and strength the athletes.

~What is the Sport for tomorrow~

SPORT FOR TOMORROW is an international contribution through sport initiative led by the Japanese government, which promotes sport to more than 10 million people in over 100 nations until 2020, the year when Tokyo will host the Summer Olympic and Paralympic Games.

It aims to deliver values of sport and promote the Olympic and Paralympic movement to people of all generations worldwide.



~After presentation~

AMU sports academy director, JICA coordinator and I discussed to understand the equal position of each other as government agency. Then, we promised to do something after presentation because I was despised in AMU regarding with financial support, forced labor and abuse of human right. From Nov 2016 to Jan 2017 I had no off day because of the department office request, and moreover I was forced to do a lot of work until that time. The cause of the misunderstanding is what the JICA volunteer is. I believe we confirmed problems and I hope that I will be able to work in AMU and we can cooperate each other in the 2nd year.

2. Improving the customer service

(1) Establishing the maintain day

We decided Monday is the maintain day for the cleaning of swimming pool. Before this, there was no off day and over one hundred customers constantly used our pool at once. Therefore, lifesavers did not have much time to maintain the pool. I hope our swimming pool will be cleaned and it will be comfortable for the customer by this maintain day,



(2) Information board



Mr. Abera placed the information board at the entrance of swimming pool. It shows why the swimming pool is closed because when the gate is closed, the customer asks lifesavers a lot. Then, the lifesaver always stops to their work for answering the question. We expect it will decrease the inquiry, and the lifesavers do their work more efficiency.

(3) Posting notices

I made and set up posters at the poolside to inform customer why dive is dangerous and why people should take shower well before entering the pool. The lifesavers announcements about no diving and taking shower for each customers. But the users ignore these announce and dive at the shallow water. We trained to rescue in the case of accident but we must prevent an accident at first because if people get spinal injury, people never walk again. Then, we treat the water every day but it is difficult to treat the pollution water.

I hope the user can understand the risk of the diving and the pool water will be kept clean for long time by these posters.



3. Management of the water quality

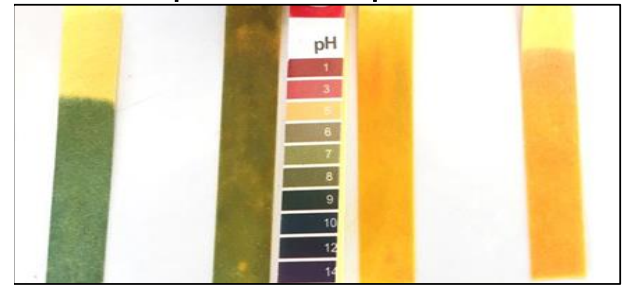
(1) Indicating the pH level

The swimming pool water should be adjusted the with pH level 7 as usual to keep clean the water with chlorine. I searched the suitable chemical for controlling the pH level then, I found that is Sodium hydrogen sulfate. If we supply this chemical, we can decrease the amount of chlorine. And we can use chlorine more efficiently.

From 20th to 30th Aug, we add the chlorine three times. The amount of chemical was over twenty kg by each. But it didn't work for the water efficiently. Then, we indicated the pH level in the pool water. The result of pH level was 8~9. This meaning was alkalinity of water. According to the indicating the pH level, we could understand the reason of this problem because one of properties of chlorine is not worked in the alkalinity water.

After that, we tried to experiment with lemon liquid and calculated how many lemons we need to adjust the pH level to cover this shortage of chemical because there is no chemical for controlling the pH level in our store. The results were when we add one spoon of squeezed lemon liquid in the 1L pool water, the pH level changes to 7~6 and then, when we add one more spoon of squeezed lemon liquid, the pH level changed to 5. According to this result, we understand that it is impossible to control the pH level with lemon because we can get only 4 spoons of squeezed lemon liquid from a lemon. Therefore, we need over 500,000 lemons if we control the pH level in our 50m swimming pool.

Experiment of pH level



Pool water	1 spoon of squeezed lemon liquid	2 spoon of squeezed lemon liquid	Only lemon
8~9	7~6	5	5
Low Alkalinity	Neutrality	Low Acidity	Low Acidity



Water Quality(pH)

Acidity			Low Acidity			Neutrality		Low Alkalinity			Alkalinity		
1	2	3	4	5	6	7	8	9	10	11	12	13	14
Hight disinfectant			Suitable for pool pH						Low disinfectant				

(2) Preventing the chemical accident



The treating chemicals by hard without any covers is dangerous. The lifesavers start to put on rubber gloves and wear a mask when they treat the chemical to prevent the chemical accident. Before this, I sometime announced the lifesavers to prepare the mask and gloves because if people inhale the dust of chemical a lot, people get to risk of labored breathing. Then, the worst situation is people will be dying.

But we should prepare a more proper mask because this type of mask is not good to attach to face tightly.

4. Improving the lifesaver's skill

(1) Discussion of guarding system

I held a meeting with the lifesavers about what the best guard working system is right now. The swimming pool must be managed a measure of safety by the lifesaver. But AMU swimming pool is not managed well because of a lack of staff. We have three lifesavers. They guard for a hundred customers at once. In addition, they have to check the ticket and uniform at the gate and announce the shower for each customer. Then, the lifesaver can not focus on guard working because of this, They want to increase more five lifesavers. Their ideal number of the lifesaver in a day is eight, four in the morning and another four in the afternoon. However, it is difficult to hire the lifesavers in this moment because we must solve many issues before hire staffs such as supplying chemical, pumping water, constructing shower tank and repairing broken tile.



In this meeting, we recognize about what accident we should care of in the pool. We expect two accidents which are spinal injuries at the shallow water by diving and drowning at the 4m depth. Then, we discussed about the position of the lifesavers for preventing these accidents. In this meeting, I suggested guarding time and rotation of lifesaver's position because people can usually concentrate on doing something 30min to 1hour at the maximum. Especially they watch the swimmers under the beating sunshine. So I recommended for each 30min guarding rotation.

After the meeting, we decided to hold the meeting regularly in the future. I hope their mind will be changed straightforward for lifesaving.

(2) Physical test



I tested lifesaver's physical strength to recognize their physical ability and make more effective training menu for them. The contents of test are like pushing up, sitting up, chinning up, abdominal exercises and so on.

~Result~

According to the physical test, I understand their peculiarity of physical strength. They can stabilize the body from head to foot. But they are not good at moving their body as they keep the posture like pushing up, sitting up and chinning up. In the water, the swimmers move their arm and legs freely as they keep the posture. Based on this result, I will make the training menu and teach how to stretch. They can not take so long time in a swimming lesson because of their elder ages

5. Southern nation swimming team

From Aug 2017, Southern Nation Nationalities People Region (SNNPR) swimming team trains the AMU. The project staffs scouted talent swimmers in the SNNPR. Then, fifty swimmers were assembled. The purpose of this project is to get over twenty gold medals at National competition in March 2018. In 2016, they started this project and they got ten gold medals. At that time the swimmers have been receiving trainings for three months. But this time, the project is extended to seven months. Fortunately, I can support this project as a regular swimming coach.

The swimmers came from the rural areas such as Gojab, Nyangaton, Dasnech. Their villages are near the river and they began to swim at their childhood ages. They have each local tribe language. Therefore, when I teach them, four local languages are flying.



This project is organized by the SNNPR regional government. The staffs are two swimming coaches, two technical advisers, one team leader and project manager. I involved in this project thanks to the project manager Mr. Pawlos kindness.

The project staffs, lifesavers and I work together to success this project for the national competition in next March.

(1) ORS

I suggested the Oral Rehydration Solution (ORS) for them. And I prepared a recipe how to make ORS and demonstrated for swimmers because they swim around five thousands km in their train without any drinks. Then, usually some swimmers got a cramp in their legs. Now, the ingredients of ORS set up at the poolside and the swimmers make it by themselves before training.



(2) Plastic bottle materials



The lifesavers introduced the Plastic bottle materials for the coaches and made a lot of materials. Now, the plastic bottle materials help their training and utilize for correcting their weak points.

At the beginning, the swimmers could not do four type of swimming strokes and they had some bad habit such as unofficial swimming styles because the swimmers naturally learned how to swim in the river.

(3) Physical exercise

I teach them physical exercise to improve their swimming technique. When I observe their training, I realize their weak points. Especially, they swim in a zigzag and they can not finish 200m at once because they become tired. Then, the coaches do not know what the correct of posture in the water is and how to solve their problem.



First, I teach the stretch way that the swimmer needs flexibility. Then, in the stretching time, I focus on the posture and breathing technique because the swimmer should keep the high body position and breaths out from their nose slowly in the water.

Second, I teach the body exercise. They are not good at putting strength into the abdominals. In the young ages, it is important to get the experience of many kinds of exercise through playing the game as fun. So, I try to improve their body control by these exercises.

~Result~

They became to swim over 200m at once without any tiredness because they got breathing technique and their body position improved in the water. I hope they will get efficient swimming technique more and more and get the gold medals in the competition.