

Roles & Responsibilities

Safety kayak / SUP

- Monitor swimmers
- Provide advice for tired / nervous swimmers
- Assess swimmers ability to complete the lap
- Respond to and assist conscious casualty
- Recover unconscious casualty, signal to lakeside marshal by waving paddle in the air or by radio
- Monitor conditions during the swim and communicate with ask Lakeside marshal to end the swim if necessary, e.g. visibility deteriorates
- Be familiar with NOP, EAP, RA

Lakeside Marshal

- Monitor weather leading up to session, consult with head Coach, cancel at the earliest possible time if weather conditions are not good enough
- Advise swimmers of water temperature & record temperature
- Inform swimmers to cover open wounds, avoid ingesting water, wash hands before eating / drinking, shower after swim, thoroughly rinse all equipment (wetsuit, goggles etc) and to seek medical advice and inform them location of swim if experiencing upset stomach, vomiting and diarrhoea, fatigue (Blue Green Algae; flue like symptoms, headache, muscle pain & fatigue, nausea, elevated body temperature or skin rash (Leptospirosis); gastrointestinal infections or upper respiratory infections (Enterobacteria)
- Monitor the acclimatisation area
- Monitor weather conditions during the swim and end the swim by sounding the airhorn, if necessary, e.g. thunder and lightning, poor visibility
- Monitor swimmers and perform swimmer counts during swim
- Manage incidents should they occur
- Be familiar with NOP, EAP, RA

First Aider

- Stationed at swim entry / exit
- Assist lakeside marshal with monitoring swimmers when not dealing with first aid incidents
- Know the location of the defibrillator
- Be familiar with NOP, EAP, RA