

- **Water safety team briefing**

- wear buoyancy aid &/or wetsuit
- have read NOP, EAP & documents referred to therein.
- have radio and whistle for communicating with lakeside marshal / swimmers
- 1 short blast to get attention of a swimmer
- 2 short blasts to get attention of the safety team
- 3 short blasts to tell the team you're taking action
- 1 long blast to clear the water
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- set the buoys out and take the water temperature before the swim starts
- be in position before the swim starts
- Monitor swimmers
- Provide advice for tired / nervous swimmers
- Assess swimmers' ability to complete the lap
- Respond to and assist conscious casualty, communicate with lakeside marshal
- Recover unconscious casualty, signal to lakeside marshal by waving paddle in the air or by radio to warn of major incident
- Give instructions to swimmers to assist in recovery of casualty
- Monitor conditions during the swim and communicate with Lakeside marshal to end the swim if necessary, e.g. visibility deteriorates
- Make sure swimmers don't start a final lap too late. All swimmers must be out by 7.30pm
- Bring in buoys when final swimmer exits the lake.
- Watch videos on rescuing unconscious casualties and practice.