

## Open Water Swimmer Briefing

### Briefing at 6.25pm

- Has everyone present registered for the session through SportMember and completed the Open Water Swimming Questionnaire / Declaration? (If not, they must register for session and complete the questionnaire before participating)
- Is there anyone here who is inexperienced or nervous of open water? – make sure water safety support know if we have inexperienced or nervous swimmers.
- Is everybody fit and well?
- In the event of an accident I will sound the airhorn, a short blast means look at me and see where I'm pointing. It may indicate a swimmer in difficulty or an approaching hazard. A long blast means get out of the water immediately.
- Does everyone have a whistle (including water safety)? If you get into difficulty roll onto your back, raise one arm and use the whistle to attract the attention of water safety. You should also use your whistle to draw the attention of water safety support to any swimmer you see in distress.
  - 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
- You must assist any swimmer in distress until water safety reaches them.
- You must all follow any instructions from the safety team .
- If you hear a whistle look to see who needs help and assist where possible.
- All swimmers must wear wetsuits and a brightly coloured swim hat.
- All swimmers must enter / exit the lake at the steps. Do not enter until told to & not until water safety is in position.
- Swimmers may acclimatise to the water temperature in the shallow water by the green buoy before going out to the swim route.
- We swim anti-clockwise around the 3 red buoys, the lap is approximately 300m.
- Swim floats are advised but not compulsory.
- Avoid swimming near swans especially when they have cygnets.
- Avoid weeds. If you get tangled stay calm and slowly disentangle yourself, signal for assistance from the kayak / SUP if necessary.
- You must make sure the marshal ticks you off the list when you exit the water.
- Gates lock at 8pm so everyone should be out of the water by 7.30pm.
- Cover any open wounds and avoid ingesting water. Wash hands before eating and drinking. Shower when you get home.
- If you feel unwell: upset stomach, vomiting and diarrhoea, fatigue, gastrointestinal infections, upper respiratory infections, flue like symptoms such as headache, red eyes, muscle pain, nausea, elevated body temperature, or rash seek medical advice and tell them where you've been swimming
- Thoroughly rinse equipment e.g wetsuits, goggles etc after swimming
- Make sure you've warmed up sufficiently before driving.