

## **OLDBURY OPEN WATER SWIMMERS RULES**

Open water session at Swan Pool are for members of Oldbury STC only to participate – unless specifically invited – in which case individuals can swim as part of the Club, on completion of an Oldbury STC Open Water Membership Form or on presentation of a TE/TW/TS valid licence.

- No one can participate unless their details are on the permitted swim list at registration.
- Proof of identity is required at registration by all swimmers each time they swim:
  - Oldbury STC Open Water Membership Card (to be issued at initial Registration)
  - TE/TW/TS valid licence card
- Identity item to be left in the Registrar's possession until the swimmer has exited the water.
- Payment has been received

### **All swimmers are to wear:**

- Swim cap - **Orange or Green** (a two hat identification system exists. **Orange** - swimming in front of the jetty and within 20 metres of the shore, **Green** – swimmer is permitted to swim laps of the 800m course)
- Wetsuit provided by swimmer which is suitable for swimming in the prevailing water conditions. Only the safety crew team (all must agree) may permit club members to swim without a wet suit.
- Carry a whistle (**swimmer to supply**).

### **To be permitted to swim anticlockwise lap course (7 yellow buoys) around the lake, swimmers must:**

- Demonstrate that they can swim for a minimum of 20 minutes in the "orange hat area" – in front of the jetty and within 20 metres of the shore.
- Demonstrate a level of competence within this 20 minute swim to convince the Safety Crew of their ability.
- Before entering the water swimmer must inform Registrar they are entering the lake
- When permitted to swim laps of the 750 metre course swimmers are to swim in an anti-clockwise direction.
- Swimmers must follow all instructions given by the Safety Crew.

**Swimmers must inform Registration when exiting the lake. Swimmers must only exit the lake in the designated area (normally the jetty area where the Registrar is located). However if a swimmer is experiencing difficulties, but is still able to safely reach the shore at the nearest point then they should do this and climb out of the lake, the swimmer must return to the jetty and report to the Registrar.**

**In an emergency** where an individual can no longer swim safely then the swimmer should either:

- Effect a self-rescue as per above or
- Use their whistle to attract the attention of the Safety Crew and rotate onto their back, raise and wave one arm in the air. The Rescuer will then assist the swimmer.
- On hearing whistle/seeing red flags being waved other swimmers not involved should exit the lake at the nominated entry/exit point, report to the Registrar and standby to assist if requested.

### **Care of Duty**

We all have a care of duty towards each other. Potentially swimming in open water can be dangerous and even result in death. Please follow instructions given by coaches and safety crew, show respect towards everyone involved in the session, be particularly careful to give space to weaker swimmers. Don't put yourself at risk by swimming when not well.

**Any swimmer who persist in not following instructions or act in dangerous manner will be excluded from swimming with the club.**

## Swimmer Advice

As there is a risk of some contamination at all open water locations, even if only at low levels, swimmers should be advised to follow a number of precautionary hygiene measures including:

### Pre-swim:

- Covering any open wounds.

### Post-swim

- Report any Injuries;
- Showering in fresh water;
- Rinsing and cleaning all swimming kit thoroughly – including goggles; and
- Washing hands before eating and drinking.

### Recommended Equipment

- Waterproof bag or box for clothing/equipment
- Separate bag to put wetsuit/goggles/swim cap in.
- Towel
- Drink (warm!)
- Warm Clothing
- snack

### Declaration

1. I will not enter the water until all safety measures have been put in place and I have been given permission by registrar. I will abide by such safety measures at all times ensuring I swim within the designated area.
2. I shall only swim where I have been instructed to do so.
3. I shall ensure that I have paid the appropriate fee.
4. I have filled in and handed in my membership form that includes contact details in the event of emergency
5. I will register my name with the registrar on entering / exiting the water.
6. I shall exit the water when instructed to do so, or at the end of the designated swim session.
7. I understand that I must wear a wet suit (unless given permission not to) and the brightly coloured club swim hat provided and have a whistle (not provided) at all times when in the water.
8. In coached sessions I will remain in my group / pair while in the water.
9. I will enter and exit the water at the specified place and stay within the designated swim route, unless otherwise instructed by a safety marshal or the club safety officer.
10. In the event I enter into difficulty during the swim session I shall roll on to my back and signal for rescue by raising either left or right arm in the air and blow my whistle
11. I will not deliberately enter into the space of other swimmers.
12. I shall not swim or enter the water if I feel unwell
13. I shall show respect to other swimmers
14. I shall respect the swans, Greece and other wildlife on/in the lake at all times
15. I realise the health issues related with open water swimming

I agree to respect and abide by the safety rules and code of conduct of Oldbury Swimming & Triathlon Club

Sign here \_\_\_\_\_ Date \_\_\_\_\_