

ALNWICK AND DISTRICT TRIATHLON CLUB

Open Water Safety Rules and Code of Conduct 2018

As a prerequisite of open water swimming with our club you are required to read, agree and sign the Open Water Safety Rules and Code of Conduct Agreement and disclaimer detailed below.

1. I will register my presence with the duty marshal on entering and exiting the water by adhering to the recording system in use. I will enter and exit only at the designated spots and stay within the designated swim route unless instructed otherwise by the duty marshal or coach.
2. I am a competent swimmer capable of completing a 400 metre continuous swim.
3. I shall ensure that I have paid the appropriate club membership fee and have completed and returned the signed Safety Rules and Conduct Agreement and Disclaimer including the emergency contact details/medical information and returned these to the appropriate club official before entering the water. I agree that emergency medical details can be kept in the appropriate file for subsequent swim sessions unless I resign from the club. (These will be held securely in sealed envelopes and only accessed in the event of an emergency. All medical details will be treated in the strictest confidence).
4. I will exit the water at the designated time or when instructed by the duty marshal by the agreed signals (klaxon or horn) if it is necessary to get everyone out for safety reasons.
5. If inexperienced in open water swimming I will advise the duty marshal or coach and stay in my pair/group during the entire time of my swim and wear a cap of the colour allocated to "novice swimmers".
6. I will wear an appropriate brightly coloured swim hat at all times and understand white hats are not permitted as they blend with bird life.
7. I will avoid swimming through birds.
8. I will wear a wetsuit unless involved in a declared non-wetsuit training session.
9. I will carry a whistle and use it to attract attention if in difficulty or to alert others that a swimmer is in difficulty.
10. If/when I am a non-wetsuit swimmer I agree that I must be buddied at all times and that the buddy will not be more than 15 metres from the non-wetsuit swimmer.
11. I understand that swimming in Ladyburn Lake will cease if the water quality or weather conditions are deemed unsuitable.
12. I will not swim or enter the water if I feel unwell.
13. I understand that it is not advisable to swim with cuts or grazes and that these must be covered by a waterproof plaster should I choose to swim.
14. If I feel very cold, unwell or uncomfortable with the surroundings I understand that I must leave the water as soon as it is safe to do so.

15. I will take care on the jetty and ramp which can be slippery and stony and will avoid weeds and edges of the lake where the weeds are thickest.
16. I will not swim alone. I will pair up with a buddy of similar ability, keeping a mutual check throughout.
17. If in difficulty I understand that the procedure is to roll on my back and float whilst raising one arm in the air to a 90 degree angle bringing it down and up in a continuous movement , at the same time I will shout for assistance and if possible use a whistle to attract attention.
18. I am aware of the need to avoid ingesting lake water.
19. I understand that it is advisable to change and shower at the earliest opportunity after swimming in open water and if I become unwell after my swim and believe it to be related then I will contact a medical professional and seek advice and inform a club official.
20. I will follow the good practice of rinsing my wetsuit in clean water and drying it after swimming in any lake.
21. If I have a medical condition where I need a medical aid e.g. inhaler, epipen, sugar, I will leave the aid with the lakeside supervisor (in a suitable named container with instructions for use).
22. I understand and agree that juniors must only swim as part of a coached session.

ALNWICK AND DISTRICT TRIATHLON CLUB OPEN WATER SWIMMING 2018

Name.....

Contact/Next of Kin details in case of emergency	
Surname:	
Forename:	
Address:	
Relationship to you:	
Telephone Contact Number(s)	
Medical History/Allergies/Current Conditions	
Please provide details (e.g. Heart disease, Asthma, Diabetes etc)	
Current Medication:	
Medication Allergies:	

I agree to abide by the rules and safety measures herein and any other local safety requirements issued on the day of the swim. I am fully aware of the dangers of swimming in an open water environment and the fitness levels required and accept that Alnwick and District Triathlon Club, landowners and their agents cannot be held responsible for any loss, damage or injury to persons or property howsoever caused.

This form must be signed annually prior to swimming in open water by:-

All adult swimmers (over 16)

OR parent/guardian AND under 16 year old juniors

SIGNATURE.....Date.....

(Adult swimmer or parent/guardian if under 16 years of age)

SIGNATURE.....of swimmer under 16 Date.....

N.B. All medical details will be held securely in sealed envelopes, be treated in the strictest confidence and only accessed in the event of an emergency.