

## **OPEN WATER SWIMMING INFORMATION**

### **Rules for Open Water Swimming**

1. Swimming is only allowed during designated times.
2. All swimmers must be able to complete a continuous swim of at least 600m.
3. Under 16's should be accompanied by a parent, guardian or responsible adult.
4. Brightly coloured swim hats must be worn at all times.
5. Swimmers must stick to the course and direction as instructed by the Lake staff.
6. Swimmers must leave the water if instructed to do so for any reason.
7. Please do not turn up to swim if you feel unwell.
8. Swim in your own space doing your best to avoid other swimmers.
9. Use suitable footwear to get up to the entry point to avoid potential injury.
10. No alcohol or drugs.
11. All swimmers must read and sign a personal responsibility statement before their first swim.

### **COVID-19 PRECAUTIONS**

1. You must book a swim slot in advance
2. Avoid Social gathering situations by not arriving too early for your swim; 15 minutes should be plenty of time.
3. Keep a distance of 2m from anyone (unless you live with them) at all times whether in or out of the lake, take particular care when getting in and out of the lake and whilst overtaking other swimmers.
4. The changing facilities and toilets will remain closed for the time being so be prepared for this.
5. Be discreet if changing by your car, let's try to keep this family friendly
6. Be respectful of all swimmers, we all swim for different reasons.
7. Follow the correct route in and out of the lake.
8. Do not come on to the site if you are showing any COVID -19 symptoms, see below:
  - The main symptoms of coronavirus (COVID-19) are:
  - a high temperature – this means you feel hot to touch on your chest or back.
  - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
  - a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.
  - If you have any of these symptoms, stay at home (self-isolate) and get a test.

# Open Water Swimming FAQ's

- **What is the water temperature?**

The lake temperature can change day for day depending on the weather so we don't always know although we will get a reading just before the start of each session. If this is important to you feel free to call or text Jai on 07929 799162 for the latest information.

- **Do I have to wear a wetsuit?**

Wetsuits are always optional but if you are new to open water swimming we strongly recommend starting out with one.

- **Do I have to wear a brightly coloured swim cap?**

Absolutely! This is really useful for us to be able to see you whilst you swim.

- **Do you have wetsuits for hire?**

We do not provide wetsuit hire.

- **Can I book for more than one person?**

Yes, but you will need pay for them too. Also you will need to pass on the information and forms for them to fill in and send back or bring along for their first swim.

- **Can I just turn up and pay cash on the day?**

No. Booking is important at the moment due to the COVID -19 situation, we will not have facilities to take money during the session times.

- **Are children allowed to swim?**

Yes, children that are capable swimmers are very welcome but please inform us when booking as we may need to ask a few questions.

- **What if I am new to Open water swimming?**

That's Ok but don't just jump in, have a chat to us first, we may be able to provide some useful guidance 😊.

- **Can I bring someone with me to watch me swim?**

Yes, you may as long as they stick to the social distancing guidance, if they don't they will be asked to wait in the car.

- **Can people from my household come for a walk with the dog whilst I'm swimming?**

Yes, but please ask them to stay 2m away from anyone, clean up after the dog and keep the dog out of the water.

- **Can I swim with my dog?**

No, unfortunately we can't allow swimming with dogs to ensure the safety of our other swimmers.

- **Are there toilet and changing facilities?**

We normally do but we will not be opening our changing facilities or toilets for Open Water Swimming during the Covid-19 period, please arrive ready to swim or change discreetly by your car.