

COLT

City of Lancaster Triathlon

Open Water Swim Rules & Disclaimer 2018

Lakeland Leisure Village, near Carnforth

Introduction

Open water swimming is an exhilarating and liberating experience but swimmers must understand that it has some serious safety implications. Please read and abide by these rules to ensure a safe and enjoyable swim. In addition, COLT has permission to use Lakeland Leisure Village on the understanding that we adhere to the rules outlined in this document so please help us to maintain good relations with the owners by swimming responsibly.

Understanding the Risk

It is important to understand that the lake is an unsupervised open water venue. Unsupervised open water swimming is significantly more risky than a supervised pool session and as such, COLT will ensure that every club member fully understands these risks before being permitted to swim in the Lake. However, all swimmers agree to swim entirely at their own risk and in the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to the organisers, landlords, or any persons involved in the organisation of the open water swimming at Lakeland Leisure Village.

Environment

COLT has sole use of the lake whilst the Open Water Swim sessions are taking place. A sandy beach leads into a swallow basin, however please be aware that there are submerged rocks on the bottom, be careful. The lake is strictly private so should be free of items such as cans and bottles. There are no known currents. Potential hazards include the fountain in the centre (switched off for swimming) and a submerged ledge on your left, close to shore, after you round the third marker buoy.

Safety

Safety Canonists will be in the water, please adhere to any instructions they give you, failing to do so will lead to a possible ban. If you get in difficulty roll onto your back and place your arm in the air. They will be with you in seconds. Do not try and climb into the canoe as they will endanger both yourself and the canonist

RULES.

1. All Swimmers must;
 - a) Have attended a safety briefing.
 - b) Have signed a current COLT disclaimer with declaration of health and swim ability.
 - c) Be 14 years old or over.
2. Swimming is only permitted between the months of May and September, when the water temperature is over 11°C and during an organised COLT swim. The water temperature and quality are tested before the first session of the season.
3. **Sign in and out.** All swimmers must wear the band that is given to them on paying for each session. The Supervisor of the session will count how many bands have been handed out. Please hand your band back in as soon as you exit the water, so that your safety can be accounted for.
4. **Children.** Children between the ages of 14-16 are permitted to swim with their parent / guardian on a 1:1 ratio and within 5m of each other.
5. **Entry and Exit.** Only enter the lake at the designated entry and exit point.
6. **Wetsuits are compulsory.** This will not only keep you warm but will also act as a buoyancy aid. You will not be permitted to swim without one.
7. **Bright Coloured Swim Cap.** You must wear a brightly coloured swim hat, this makes you easier for the safety canoeists to locate.
8. **Always Swim Clockwise.** Please swim clockwise around the outside of the large green buoys that mark the course.
9. **New Swimmers.** If you have not swum at a COLT open water swim session before please identify yourself at the safety briefing and you will be allocated a 'swim buddy' who will swim a lap with you.
10. **Responsible Swimming.** There are some very simple measures that will dramatically reduce your risk of having an accident.
 - a) Swim within your limit – the course is approximately 550 metres. Pace yourself accordingly.
 - b) Do not swim if you are feeling tired, unwell or if you are under the influence of drugs or alcohol.
 - c) If you are struggling, STOP, try and get your breath and relax.
 - d) If you feel in need of assistance, roll onto your back and signal the safety canoeist by raising your arm.

Hygiene Advice

- a) Minor cuts and abrasions must be covered with a plaster. If you have any deep cuts it is recommended that you do not swim.
- b) Do not swim if unwell or taking medication which affects you adversely, and please do not endanger yourself or others if you are under the influence of alcohol or drugs.
- c) Try not to ingest any water, and after swimming it is good practice not to eat until you have washed your hands in fresh water, and take a shower at the earliest opportunity.
- d) If you are unwell after open water swimming and suffering with flu-like symptoms / severe headaches, see your GP as soon as possible, and state that you have been swimming in open water. You could be suffering from Leptospirosis (or Weil's disease) and early diagnosis and treatment is paramount. These conditions are rare but can be picked up from open water swimming.



ACKNOWLEDGEMENT OF RISK 2018

Open Water Swimming at Lakeland Leisure Village.
(Please complete in clear capitals and hand in to the organising team)

If you have not signed and completed this form you will not be allowed to swim.

Please Tick

1. I acknowledge that I have read, understood and will comply with the COLT Open Water Swimming Rules.

2. I completely understand and appreciate the inherent risks involved in unsupervised open water swimming including the possibility of serious injury or death.

3. I understand that I swim entirely at my own risk. In the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to the organisers, landlords, or any persons involved in the organisation of the COLT open water swimming at Lakeland Leisure Village.

4. I hereby certify that I am physically fit and well to participate in any such training and events and that I do not know of any medical condition which would make it inadvisable for me to swim in the lake. Furthermore, I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health.

5. I undertake at all times to use my best endeavours to train in a safe manner and not to do anything that would expose me or fellow swimmers to unnecessary risk or injury.

6. I hereby declare that within the past 12 months, I have swum 1500m or 60 x 25m lengths unassisted and without stopping, in a pool.

Please tick the appropriate membership category:

COLT Member

Kendal Tri Member

TriPreston Member

Swim Only Member

By signing this document you are stating that you acknowledge, understand and will comply with the relevant points outlined.

First Name

Surname

Address

Date of Birth

Mobile Phone Number

Please advise who the club should contact in case of an emergency

Contact Name

Phone Number

Relationship to you

Please list any medical conditions we should be aware of

Signature

Today's Date



CONSENTING PARENT

ACKNOWLEDGEMENT OF RISK 2018

Open Water Swimming at Lakeland Leisure Village.

(Please complete in clear capitals and hand it to the organising team)

If you have not signed and completed this form you will not be allowed to swim.

- | | Please Tick |
|--|--------------------------|
| 1. I acknowledge that I have read, understood and will comply with the COLT Open Water Swimming Rules for Children between 14-16 years old. | <input type="checkbox"/> |
| 2. I understand that Lakeland Leisure Village is an unsupervised Open Water Swimming venue and as such I understand that I am swimming with my child, entirely at my own risk. In the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to the organisers, landlords, or any persons involved in the organisation of the COLT open water swimming at Lakeland Leisure Village. | <input type="checkbox"/> |
| 3. I hereby certify that my child is physically fit and well to participate in any such training and events and that I do not know of any medical condition which would make it inadvisable for them to swim in the lake. Furthermore, I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of their health. | <input type="checkbox"/> |
| 4. I undertake at all times to use my best endeavours to train in a safe manner and not to do anything that would expose me, my child or fellow swimmers to unnecessary risk or injury. | <input type="checkbox"/> |

By signing this document you are stating that you acknowledge, understand and will comply with the relevant points outlined.

Childs First Name

Childs Surname

Parents First Name

Parents Surname

Childs Date of Birth

Signature

Today's Date