



## Derby Triathlon Club Open Water Swimming 2018 Safety Rules & Code of Conduct

- Open Water sessions will take place on Wednesday 17:45-19:30 and Saturday 08:30-10:30 until the end of September 2018 (weather and water temperature permitting).
- No entry to the water will be allowed until the club safety officer has carried out the safety assessment
- All swimmers must be capable of completing 800 meters continuous swimming
- Swimmers under the age of 18 must be accompanied by an adult unless they have proof of proficiency signed by a parent and a coach.
- Each swimmer must pay their subs at registration:
  - £4 DTC member
  - £5 for non-members
- Prior to their first session each swimmer must complete and sign a Declaration Form and give it to the Safety Officer.
- The declaration form only needs to be completed once per season and is retained on record. If any of the details change it is the swimmer's responsibility to notify the Safety Officer.
- All swimmers will agree to adhere to the Club's safety code and rules regarding open water swimming.
- Each swimmer will register their name with the Safety Officer and sign in when they enter the water.
- On exiting the water the first responsibility of a swimmer is to ensure they notify the safety officer they are out of the water.
- Swimmers will wear wetsuits at all times whilst in the water unless agreed otherwise with the Safety Officer.
- Swimmers will wear brightly coloured hats (but not white hats ) at all times whilst in the water. White hats are reserved for swimmers in coached sessions.
- Swimmers will enter and exit the water at the designated location unless instructed to do so by the Safety Officer or a marshal.
- The Safety Officer will advise you when you register if there are any deviations from the normal procedures.
- If you are experiencing difficulty you must roll on your back and raise one arm in the air.
- It is recommended that participants swim in pairs or within a group at all times.
- All swimmers will swim counter-clockwise keeping the orange buoys on their left hand side unless instructed to do otherwise by the Safety Officer or marshal.
- Only swimmers in coached sessions are permitted to swim on the coaching loop which includes the non-orange buoy.
- All children and pets must be kept at least 2 meters away from the water's edge.
- All attendees whether swimming or not, will use the venue with respect and obey any instructions of members of staff or marshals.
- The club has a site specific Emergency Action Plan and all relevant personnel will be aware of its content and have access to it.
- A First Aider and Kit will be available at each session.
- No responsibility will be accepted by the Derby Triathlon Club, the owners and management of Barton Marina or any other associated companies, its staff or any other person on the premises for any injury, death or any loss howsoever caused. This notice is applied to any person attending the Derby Triathlon Club open water training sessions, whether swimming or not.
- Barton Marina or Derby Triathlon Club reserves the right to cancel or cut short open water swimming sessions if it is considered unsafe to proceed.



- All swimmers enter the water at their own risk.
- If the air horn is sounded please evacuate the water immediately and regroup at the registration point.
- Wetsuits or life jackets must be worn at all times when on or within 2 meters of the lake.
- All swimmers please note: United Kingdom inland waters are not completely safe for swimming. Although risks of disease are low and risks of serious infection are small, a swimmer may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming. Please ensure you are aware of the signs and symptoms of the following diseases / conditions that can be contracted / develop as a result of swimming in a lake
  - Weil's disease (Leptospirosis) - <http://www.nhs.uk/conditions/leptospirosis/pages/symptoms.aspx>
  - Hypothermia - <http://www.nhs.uk/Conditions/Hypothermia/Pages/Symptoms.aspx>
- Do not swim if you are feeling unwell.
- If you become unwell and believe it is related to swimming at Barton Marina please contact your GP and also inform Derby Triathlon Club - [openwater@derbytriathlonclub.co.uk](mailto:openwater@derbytriathlonclub.co.uk)
- You are advised not to drink the lake water.
- It is recommended that all a swimmers wash their hands before consuming any food and shower after having swum in the lake.
- In the event of an emergency please dial 999 and ask for the relevant assistance.
- People who have never swum in Open Water before must make themselves known to the Safety Officer and be accompanied by an experienced swimmer.
- Underwater visibility can vary between sessions. If you find water with low visibility unnerving please acclimatise yourself and preferably swim with an experienced swimmer.
- The buoys are anchored using ropes please swim wide of the buoys to ensure you do not get entangled in the ropes.
- No diving allowed.
- No horseplay - throwing, pushing or dunking other swimmers.
- On entry/exit from the water and at the bottom of the lake there may be sharp and uneven objects. Please be careful when entering the water and avoid standing on the bottom of the lake.
- It is the responsibility of the faster swimmer to overtake safely.
- Do not deliberately approach or try to interact with the wildlife in, on or around the lake.
- When a coached session is taking place please do stop by the buoy adjacent to the water entry / exit, please swim straight through.

# SMALL LAKE - BARTON MARINA

- Safety Ring
- Buoy
- Coaching Buoy

