

Swimming code of conduct and disclaimer for Tri BRJ Huntingdon

Tri BRJ Huntingdon has an agreement with Hinchingsbrooke Park to use the sport lake for open water swimming on Friday evenings, May to September from 18.00 - 19.30 (last entry 19.00). We do not have an agreement to use the lake at any other time. We strongly advise that everyone takes out suitable insurance such as joining the British Triathlon Federation.

Please note that swimming is not permitted at Hinchingsbrooke Lake at any other time. Failure to abide by the following code of conduct may result in having your BRJ membership revoked.

The Club will have a non-swimming watcher on the bank and they have overall say on when and where you can swim. It is **very important** that you sign in on arrival at the lake and sign out directly on exiting the lake after your swim. Bad weather conditions may cause the club to cancel the swim session at any time up to the start time, and during swim sessions should conditions deteriorate. Open water swimming is a fantastic experience but has some safety issues. Please **read and abide by the code of conduct below to** ensure a safe and enjoyable swim and maintain good relationship with Hinchingsbrooke Park.

- Minor cuts and abrasions must be covered with a plaster. If you have any deep cuts it is recommended that you do not swim. Likewise, **do not swim if unwell** or taking medication.
- If you are unwell after open water swimming and suffering with flu-like symptoms or headaches, see your GP ASAP and state that you have been swimming in open water.
- Try not to ingest any water and after swimming it is good practice not to eat until you have washed hands in fresh water and take a shower at the earliest opportunity.
- Please wear a brightly coloured swim hat so that you can be seen easily. **(compulsory)**
- Please wear a wetsuit. **(compulsory)**
- You must **check in and out** of the water with the watcher.
- If you are new to open water swimming stay in the area near the entry point and as close to the bank as possible.
- You must swim in pairs or small groups for your own safety.
- Please take time to get to know the lake before you start your swim; we strongly advise walking around the lake beforehand, no one is permitted to swim into the narrow channel at the far end of the lake.
- If you get into trouble roll onto your back, wave and shout for attention.
- When entering the water keep a look out for any object in the water, foreign or natural which might cause harm, e.g. glass metal or stone.
- Be alert to any other swimmers who may be having difficulty.
- You will be required to leave your swim **membership card** with the watcher at the point of signing in, please check that the watcher has your correct emergency contact details. No membership card means no swim.

Please note we do not test for water quality

Open water swimming is very different from pool swimming, triathlon open water swim races can be very daunting for even the most experienced swimmers so it's wise to work on the following points:

- Sighting and navigation
- Swimming in a group and drafting
- Deep water and mass starts

DISCLAIMER tri swim members only

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Open Water swimming. Accordingly I hereby certify that I am physically fit and well to participate in any such training.

2. I am aware of and appreciate the inherent risks involved in such training including the possibility of injury and accident or death. I undertake to always conduct myself in a responsible and professional manner.

3. I undertake at all times to use my best endeavours to train in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury. I further undertake at all times to take all reasonable safety measures for the protection of myself and Fellow swimmers and to inform the non-swimmer watcher of any concerns I may have with regard to safety.

4. I acknowledge that at open water swimming training, BRJ Road Runners/ Tri BRJ Cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss and damage.

5. I acknowledge that I have read, understood and will comply with the club Open Water Swim code of conduct for BRJ Running club/ TRI BRJ.

6. I take full responsibility for my own action and absolve BRJ club from any liability arising from injury or death from open water swimming.

7. I am at present capable of swimming a minimum of 750 metres nonstop.

8. I am over 18 years of age (persons under 18 must be accompanied by an adult at all times).

MEMBER DETAILS

Name.....

Address.....

I have read, and will abide by the guidelines and I confirm acceptance of the disclaimer

Signature..... Date.....

EMERGENCY CONTACT DETAILS

Name.....Telephone.....

Relationship to member.....