



## Open Water Swim Registration Form

This document covers Open Water Swimming at the Blackwater Sailing Club training lake during club advertised sessions. All members participating in open water swimming at the lake must read and sign this member registration form before they can swim at the lake.

While the paperwork produced by Blackwater Triathlon Club seeks to put into place measures to assist with members safely swimming at the lake, neither Blackwater Triathlon Club nor Blackwater Sailing Club accept responsibility of any kind for any accident, injury, loss or damage arising from of members swimming at the lake.

**Open water swimming is inherently dangerous and swimming is at one's own risk. Blackwater Triathlon Club recommends members have individual BTF insurance so they have personal cover for their participation in training activities.**

Only Blackwater Triathlon Club members who have paid their annual membership and have read and signed this member registration form are allowed to attend open water swim sessions. Members must have proved their swimming ability before attending open water swimming, usually by swimming at club pool sessions. At your first open water swim session, you will be required to complete a practice swim in the lake, upon successful completion an open water swim hat will be issued and your name added to the open water swimmers list.

If you have a first aid qualification and are prepared to be added to the list of members with first aid qualifications please add details of the qualification on this form.

### **Location**

Open water swimming takes place at Blackwater Sailing Club, Heybridge Basin, CM9 4SD, see map in appendix 1. Swimming is only permitted in the lake at the sessions organised and advertised by the club

### **Weather**

Adverse weather can cause the session to be delayed, suspended or cancelled.

The session leader has final say on all weather-related considerations. Where possible information on changes due to weather will be provided ahead of time, but this is not always possible and is part of the risk of open water swimming.

### **Water Quality**

Water Testing is completed by the club at regular intervals and a visual check is completed before each session for obvious visual signs of algae growth; however, it is your responsibility to look after your health by:

- Covering any open wounds
- Trying not to drink or inhale the lake water while swimming
- Showering in clean water post swim
- Cleaning all swimming kit, including goggles
- Washing hands before eating or preparing food



**BLACKWATER TRI CLUB**



## **Water Temperature**

The water temperature will be tested before each swim. To reduce the risk of hypothermia the following restrictions will be in place based on the temperature:

- Less than 12°C – NO SWIMMING
- 12 °C – Adults can only swim 1000m (2 laps)
- 12.5 °C – Adults can only swim 1500m(3 laps)
- 13 °C – Adults can only swim 2000m (4 laps)
- 14 °C – Minimum temperature for youth members. Any distance for adults.
- Above 20 °C – wetsuits are optional

## **Session**

- All swimmers must attend the lake before the advertised start time so they are present for the pre-swim briefing and signing in.
- If you miss the briefing and signing in you will not be allowed to swim. The session leader must not be distracted from their duties as spotter by signing people in and conducting briefings. They are there for the safety of the people in the lake.
- All swimmers must be paid members of the club, have completed this form and completed a practice swim in the lake. When all 3 are completed an open water swim hat will be issued. Swims for new swimmers will be completed before the start of a session.
- Only swimmers who have their open water swim hat and paid their swim fee can swim. No hat, no money, no swim.
- The session leader must be told of any injuries or medical conditions.
- Maximum of 15 swimmers allowed in the water per 1 spotter, or less at the discretion of the session leader. With additional spotters, more swimmers can enter the water. You may be asked to volunteer as spotter. Spotters will be given a whistle to attract attention of the session leader to a problem in the water. Spotters can change midsession so long as their relief is in place and a handover given, before the current spotter stops looking after the swimmers in the water.
- All swimmers must sign in, wear their open water swim hat and ID band
- All swimmers must sign out by returning the id band to the board as soon as they leave the water. If you wish to return to the water you must put your id band back on before entering the water.
- Swimmers must follow the course; no swimming across middle of lake or in reverse direction.
- Swimmers to ensure everyone has space to swim safely, and they should not swim too close to buoys to avoid ropes.
- No horseplay or diving allowed
- No backstroke
- Swimmers must exit the lake if they start to get cold or have a cramp / an injury.
- If in difficulty you should turn on to your back and raise a hand in the air to attract attention.
- Upon hearing the air horn all swimmer without a safety buoy must safely exit the lake immediately.
- There needs to be 2-3 swimmers with a safety buoy for a session to happen. Unless there is a small group which will swim together.
- Strong swimmers can be asked to become swimmers with the safety buoy. Training of what to do in an emergency will be given before using the buoy.



## Declaration

I agree to adhere to the requirements set out in the members' registration form and act in a way that ensures not only my own safety but the safety of other members and the public.

I agree to follow the direction of the session leader and swimmer with a safety buoy, and acknowledge that the session leader has the final say on all matters, safety related or otherwise, concerning the session. **Members who do not adhere to these requirements can be banned from the open water sessions or the club as seen fit by the Committee.** *Any grievances or issues can be brought to the committee at a later date to be discussed further.*

I acknowledge that open water swimming is inherently dangerous and swimming is at one's own risk and that Blackwater Triathlon Club recommends members have individual BTF insurance so they have personal cover for their participation in training activities.

Member \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Medical Conditions \_\_\_\_\_

First Aid Qualification \_\_\_\_\_

First Aid Qualification Expiry Date \_\_\_\_\_

Next of Kin \_\_\_\_\_

Relationship \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

