

Craven Energy Triathlon and Multisport Club Open Water Swim

Code of Conduct - The Coniston Hotel Lake

1. Craven Energy open water swim session at The Coniston Hotel lake is open to club members only
2. All participants must complete and sign the open water swimming declaration form prior to their first swim providing their emergency contact details. It is the swimmers responsibility on whether to declare any medical issues on this form. This recorded information will be used by the session leader as needed.
3. No water entry is allowed until all safety arrangements are in place and the safety officer/session leader has indicated it is safe to do so.
4. Wetsuits must be worn at all times. No swim session will be permitted if the water temperature is below 11 degrees C.
5. All swimmers to be aware of hazards associated with open water swimming eg weeds, hypothermia, Weil's disease
6. For swimmer safety open wounds should be covered with a waterproof dressing or avoid swimming if too severe (risk of Weil's disease) and swimmers will not swim if feeling unwell.
7. Swimmers will adhere to the safety cover provided at all sessions. This will meet the required minimum standard identified in the venue risk assessment. Swimmers also follow the coaching schedule that is provided
8. The register and checking in and out system must be adhered to before entry into the water and on exit from the water
9. Before every session a pre-swim briefing will be given. This will provide clear guidance on the nature of the session, the group structure, the course to be swum, and information on what to do if a swimmer experiences difficulty. Swimmers agree to abide to this instruction
10. All swimmers wear brightly coloured swim hats. Novice swimmers wear a white swim hat to assist sightings by canoeists, land spotters and the session leader
11. An experienced swimmer must be available to swim with novice open water swimmers.
12. Swimmers will keep to the defined course and swim direction in the designated area of the lake making regular sighting of other swimmers, landmarks and buoys to avoid unnecessary accidents and collisions
13. All swimmers will keep out of the path of fishermen on the lake and not cause any aggravation between swimmers and people fishing
14. Swimmers will avoid undue noise and disturbance of birds on and around the lake
15. Members will take their turn in volunteering for land spotting, canoe and buoy marker duties
16. All swimmers must vacate the lake at or before the allotted finish time (normally 8pm)