



## Code Of Conduct – Open Water Training

Blithfield Reservoir, Abbots Bromley, Staffs.

This is a Stafford Triathlon Club open water swimming training venue. Individuals or individuals from other clubs are welcome but they will be charged the higher rate if not a member of Stafford Triathlon Club.

Open water Training Sessions will only take place on Thursday evenings (6:00pm-7:30pm) normally between May and September each year. All participants must use the correct car park and all participants must use the correct changing facilities provided.

No entry to the water will be allowed until the club safety officer has carried out the safety assessment.

Clubs must provide a minimum of 1 Marshal. The nominated Marshal will make him/herself known to the club safety officer and the session participants prior to the session commencing. This person is responsible for liaising with the club safety officer on safety issues and to ensure that it is safe to proceed with the swim. If no marshals are available the session will be cancelled.

Swimmers must be capable of completing 800 meters continuous swimming, be over the age of 14 (unless accompanied by an adult or parent).

Each swimmer must pay the subs at registration, complete a declaration form (only once per season - see link below) stating any medical conditions/issues, emergency contacts and agreeing to abide by the clubs safety codes and rules regarding open water training. The payment and declarations are to be given to the club safety officer. Swimmers must also have personal insurance.

The current charge for swimming is £3.00 for Stafford Triathlon Club members and £4.00 for other non-club athletes and other club members.

Before each session, a pre-swim briefing will be given by the club safety officer to provide clear guidance on the session, the group structure, the course and information on what to do if experiencing difficulty. (Rolling onto back and raising 1 arm in the air.). All participants will be made to have a whistle on their person while in the water to use in emergencies.

All swimmers will register their name with the club safety officer or a marshal every time they enter or exit the water.

Swimmers will wear wetsuits and a brightly coloured swim hat at all times whilst in the water.

Entry to and exit from the water will be at the designated place only unless instructed otherwise by the club safety officer or marshals.

Participants must swim in a minimum of pairs. This is the minimum organisational requirement.

Swimmers must NOT leave their partners side whilst in the water.

Swimmers will use a designated course set by the club. The course will be marked by buoys or landmarks. Participants must swim in an anti-clockwise direction having the buoys on their left at all times.

Do not swim or enter the water if feeling unwell.

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. Be careful entering any open water swim if you are unwell. The lake may be cold and in line with British Triathlon and ITU rules triathlon wetsuits will be compulsory if the temperature is below 15°C and forbidden above 23°C. Between these two temperatures wetsuits are at the discretion of Stafford Triathlon Club. You are advised not to drink the reservoir water.

All children and pets must be kept at **least 2 meters away** from the waters edge.

All swimmers will exit the water at the end of the designated swim session or if instructed to do so.

Swimmers will not enter into the water space of other water sports users.

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 Aid Kit will be available at each session.

A list of club members will be held by the club safety officer, which will include emergency contact details.

No responsibility will be accepted by the Stafford Triathlon Club, the owners and management of Blithfield Reservoir 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 Stafford Triathlon Club open water training sessions, whether swimming or not.

Blithfield Reservoir or the Stafford Triathlon Club reserves the right to cancel or cut short open water swimming sessions if it is considered un-safe to proceed.

Please abide by the decisions of the club safety officer and marshals.

In the event of an emergency, dial 999 and ask for the relevant assistance.

All swimmers enter the water at their own risk.