



Open Water sessions will take place on Saturday 08:30-9.15am until the end of September (weather and water temperature permitting).

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

#### **COVID 19**

- All swimmers need to adhere to 2 meter social distancing in and out of the water Including the carpark.
- Only use your own equipment and its advised to bring a small bottle of hand sanitiser.
- Prior to each session each swimmer must complete a Declaration Form (online booking form) and the Safety Officer be aware.
- 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.

Swimmers will wear wetsuits at all times whilst in the water unless agreed otherwise with the Safety Officer.

Swimmers will wear brightly coloured hats and have a tow float attached to them at all times.

Swimmers will enter and exit the water at the designated location unless instructed to do so by the Safety Officer or a marshal. The only other exception to this is if the swimmer is feeling unwell and needs to exit the water immediately.

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.**

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.

All swimmers enter the water at their own risk.

If a whistle sound is heard please evacuate the water immediately and regroup at the registration point.

Hedge End Triathlon Club reserves the right to cancel or cut short open water swimming sessions if it is considered unsafe to proceed.

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.**

You are advised not to drink the lake water.

As there is a risk of some contamination at all open water locations, even if only at low levels, swimmers should be advised to follow a number of precautionary hygiene measures including:

Pre-swim:      Covering any open wounds.

Post-swim:      Showering in fresh water, Rinsing and cleaning all swimming kit thoroughly – including goggles; and washing hands before eating and drinking.

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 where possible.

It is the responsibility of the faster swimmer to overtake safely, passing to the left of the slower swimmer.

Do not deliberately approach or try to interact with the wildlife in, on or around the lake.

# Open Water Swimming Emergency Action Plan

Venue :-YMCA Fairthorne Manor Lake - Southampton SO30 2GH

Activity:- Open Water Swimming

EAP Version:- 1

Date :-1/8/2020

The coach will carry a mobile phone at all times with phone unlocked during the whole session.

First Aid Equipment is to be with the coach.

Floatation device, Throw bag, Lifebuoy and Emergency Foil Blankets are located on the Jetty.

Establish qualified first aiders before entering the water and make all participants aware.

Meeting point where social distancing can be adhered to is on the large Jetty.

## **Minor Injury:**

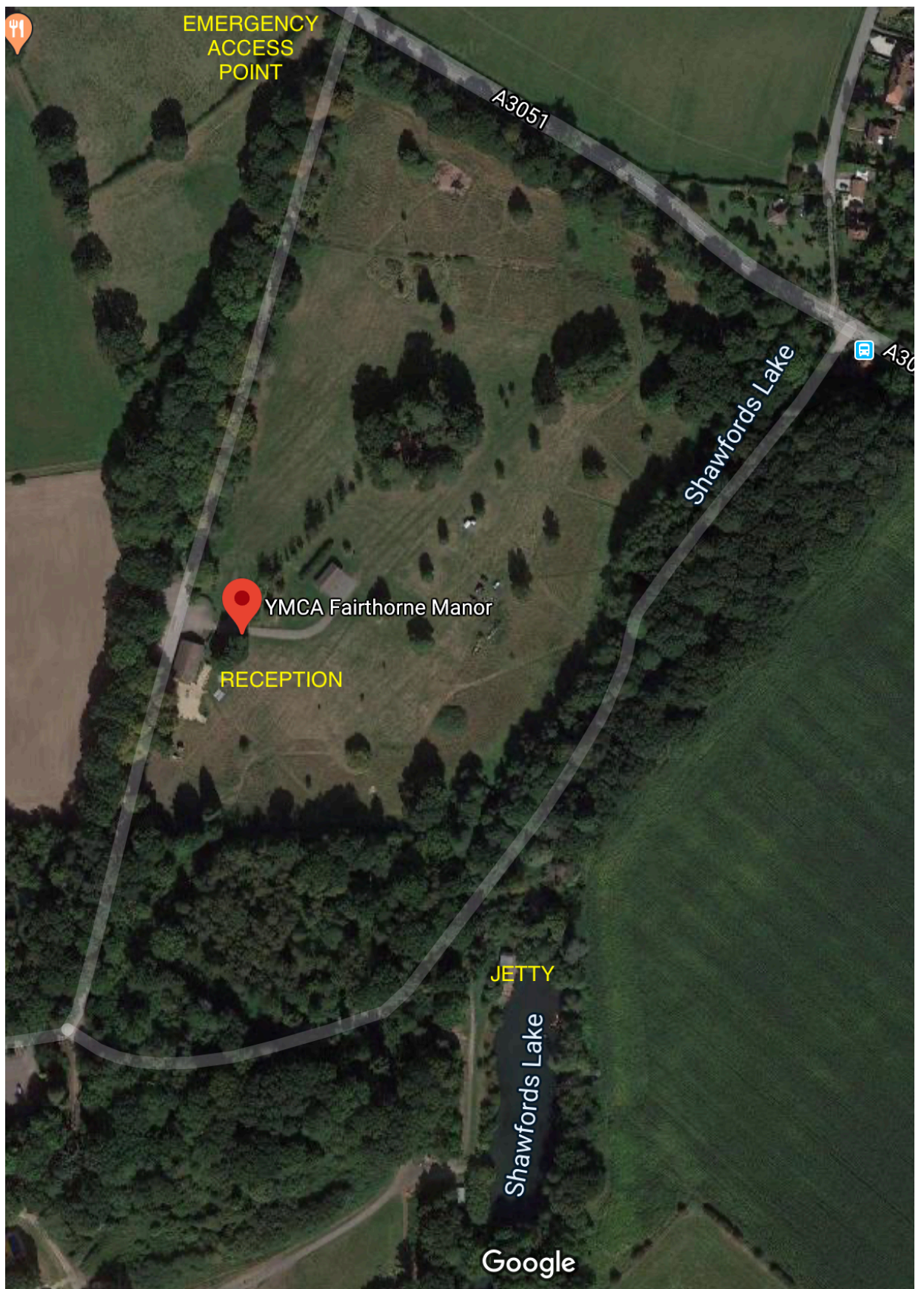
- Utilise volunteers, within the limits of their qualification
- Send/take to nearest hospital A&E / minor injuries unit if further attention is required

## **Missing Person:**

- If a participating member of the group goes missing, raise the alarm with venue volunteers to instigate a search
- Establish if the person has/has not left the water
- If missing in the water, evacuate ALL swimmers using continuous whistle blasts and roll call.
- Try to contact the missing person from Participant Registration info
- Call emergency contact to find out if they've been in touch
- If not found within 5 mins, call emergency services
- Ensure no one re-enters the water until safe to do so

## **Major Injury:**

- STOP ALL ACTIVITY
- Evacuate ALL swimmers using continuous whistle blasts and roll call.
- Call emergency services, giving address - Fairthorne Manor YMCA Lake, Southampton, SO30 2GH
- Make casualty as comfortable as possible, administer first aid within the limits of the qualifications
- Do not move casualty unless it is essential to ensure their safety
- Ensure a group member is standing by to guide emergency services to the scene



EAP Fairthorne Manor Map