

CMYC Open Water Swimming Safety Briefing for swimmers

Swimmers are reminded that it is a condition of their membership that it is their sole responsibility to evaluate the weather and water conditions at the lake on the day they swim and make their own decision about suitability for swimming. It is entirely for each swimmer to decide what clothing to wear during their swim although a high visibility swimming cap is compulsory for all swimmers.

The most recent water quality report and water temperature readings are on display alongside this briefing. A submersible thermometer is hanging off the end of the right hand jetty.

In the event of any issue arising with water quality, open water swimming sessions may be cancelled. The OWS Co-ordinator will notify members about the status of the water via WebCollect.

Entry and exit point

- The sole entry and exit point for swimmers is the ladder at the end of the right hand jetty.

Water quality issues

- Swimmers are advised to conduct visual checks of the water before entering.
- Look for water clarity and signs of algae, and assess for bad odours.
- If there are any issues with the quality of the water do not swim and inform the OWS Co-ordinator as soon as possible with details of the issue.

Swimming course

- A course is delineated by yellow buoys.
- Swim round the **OUTSIDE** of the yellow buoys in a clockwise direction.
- Do not swim into either of the two areas marked by white buoys – the far (east) end is exclusively for bank and punt fishing and the near (west) end is very shallow and designated for wildlife.

Hazards

- All buoys have weighted lines but be aware of the danger of entanglement in tethering lines.
- Sight for partially submerged objects at all times and report any problem objects to OWS Co-ordinator.
- Keep well clear of the Maid of Kent (the large moored barge) which has mooring lines all round.
- Avoid any close encounters with birds – especially swans.
- Excepting emergencies there should be no water craft of any description on the water during OWS sessions.
Please report any incidence of craft being on the water to the OWS Co-ordinator.
- Avoid risk of collision with other swimmers by swimming in the same, clockwise direction.

CMYC Open Water Swimming Co-ordinator – January 2021

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