

## **Declaration of adherence to CMYC Bye-Laws by CMYC Open Water Swimming Members.**

*To be signed by those joining CMYC as CMYC Open Water Swimming Members.*

1 Open Water Swimming Members (OWS Members) use the facilities and premises entirely at their own risk. Bye-Law 1

2 An OWS Member must accept that they swim entirely at their own risk; must evaluate the prevailing water and weather conditions and make their own decision about suitability for swimming; must not swim solo and be accompanied by a buddy in the water at all times; and must wear a high visibility cap. Bye-Law 2(b)

*The latest quality report and temperature information are on display on the Clubhouse.*

*A submersible thermometer is located at the end of the right hand jetty.*

*In the event of any issue arising with water quality, open water swimming sessions may be cancelled without notice. In the event of a swimmer failing ill with a condition linked to open water swimming sessions will be cancelled until the issue is resolved.*

3 No OWS Member may invite a visitor to join them in any water based activity. Bye-Law 7(b)

4 OWS Members may only swim at designated times :

Monday, Wednesday and Friday to 09:30 and Thursday evening from 17:30. Bye-Law 9(b)

5 OWS Members may only enter and exit the lake via the ladder at the end of right hand jetty.

Jumping and diving in are prohibited. Bye-Law 11(b)

6 OWS Members may not enter the areas set aside for bank fishing at the east end of the lake nor enter the bird nesting area in the south west corner of the lake. Both areas are marked by white buoys near to the shore. Bye-Law 12(a) and (b)

10 OWS Members must follow the buoy marked swimming course in a clockwise direction.

Bye-Law 12 (c)

### **Declaration**

**In signing below I acknowledge the terms and conditions under which open water swimming can take place at Hedgecourt Lake and agree to abide by these, and all Bye-Laws of CMYC (viewable at [cmyc.co.uk](http://cmyc.co.uk)), while I am a member. I am aware that Hedgecourt Lake is a non-standard facility where open water swimming is permitted subject to CMYC Bye-Laws. I accept that swimming is operated on an unsupervised access model and is non-lifeguarded and that I swim at my own risk. I confirm that I am 18 years or over and a competent swimmer.**

Signed and dated:

**OWS Members are requested to use pre-washed clothing, footwear and equipment before entering the water to help reduce the risk of bio-hazard contamination. A drench shower is available for use by swimmers.**