

Crystal Palace Triathletes

The Club Open Water Session Rules:

- No entry into the water will be allowed until all safety arrangements are in place
- All open water swims require wetsuits to be worn
- Brightly coloured swim hats must be worn by swimmers
- Minimum organisation requirements are that swimmers will be paired based upon speed and ability
- Swimmers will use a defined course set by the session leader– using landmarks where buoys etc are not available
- Swimmers are to swim parallel to the bank / shore
- Safety cover will be provided at all sessions and this will not be below the required minimum standard identified in the venue risk assessment
- Register to be taken before entry into the water and all swimmers will have provided their emergency contact details along with any medical issues to the session leader. This information will be recorded
- Before every session a pre-swim briefing will be given. This will provide clear guidance on the session, the group structure, the course to be swum, and information on what to do when experiencing/ getting into difficulty (roll on back, raise arm in air)
- Sessions will not enter into water space used by other Watersports users unless prior communication for the sole use of the space over an allocated amount of time has been agreed upon beforehand
- The club has a site specific Emergency Action Plan and all relevant personnel will be aware of its content and have access to it
- At each session a First Aid kit will be available
- A safety officer will be appointed before each session. This person will be responsible for liaising with the venue operator / owner to ascertain water quality issues. The safety officer has the final decision on whether a session can proceed
- Each session will have a leader who will make themselves known to all relevant personnel.

Session User rules:

Before taking part in an open water training session swimmers must:

- Provide the session leader with information about any medical issues.
- Provide their contact details.
- Sign up to the club's safety code and rules for open water swimming.
- Swim within their own ability and when swimming in pairs/ groups they must NOT leave their partner(s) side.
- Be of a Minimum age of 15 (as at 31st December in the current year).