

**CLUB OPEN WATER SUPERVISOR GUIDELINES**

**RIPON RACECOURSE LAKE**

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|  | **BOTTOM LINE! UNDERSTAND THE BIGGER PICTURE…**If you want to have safe swim sessions **and** continue to swim at Ripon Lakethen it is important to understand that each and every COWS mustunderstand the session rules and enforce them exactly as described. Pleasedo not be tempted to allow deviations, it could as a minimum, jeopardiseour right to swim, or worse, lead to a serious injury or death. |

**INTRODUCTION**

Please note the following guidelines. They are to ensure that swimmers comply with the

clubs OW swimming rules. The COWS do not swim and remain lakeside until all

swimmers are out of the water.

**RESPONSIBILITIES**

1. Try to arrive at least 10 minutes early to get ready; and bring with you a charged mobile phone to use in the event of any emergency.
2. Take the water temperature by throwing the thermometer into the lake as far as you can, and then leave it for at least 5 minutes before taking the reading.

**Members are not allowed to swim unless the water temperature is at least 12.5****C for 18yrs old and over or 13****C for under 18yrs old.**

1. Please pre-read and understand the EAP (Emergency Action Plan). You must check if there are any additional hazards on the day. It is your decision as COWS on whether a session can proceed.
2. Please wear **the yellow high-viz tabard** for easy identification.
3. At the lakeside you must have your fully charged mobile phone. In the COWS Store is all that you need to complete your session.
4. **ALL swimmers must check in and out with you**, before entering the water and immediately on exiting.
5. All swimmers must bring their membership cards and exchange their card for a swim band. Ideally, we also need their car keys. (Those awaiting their cards can show their membership renewal confirmation email).
6. Parents of Competent & Youth Swimmers (16-18) must sign off the Disclaimer Form and swimmers MUST have a tow float. It is preferably they have a swim buddy.
7. Swimmers aged 16-18 can only swim once they have undertaken a ‘Competent Swimmer Assessment/Induction with an NYP BTF Certified Coach or a member of the OW Sub Committee.
8. NYP Tri Lake sessions are strictly for NYP Tri Members no one else is allowed to swim – NO EXCEPTIONS.
9. To avoid head on collisions, remind swimmers to go swim clockwise around the islands and keeping left outward.
10. In the unlikely event of an incident or emergency, follow the procedures in the EAP.
11. For any incident, even ones without injuries, please complete an Accident Report Form in the COWS box and notify the NYP Tri Chairman & COWS Manager.
12. The NYP OW Swim Manager will meet with all COWS pre-season for training/review of procedures and incident rehearsal
13. Should there be a major incident, the COWS will signal the Klaxon which is the signal for all members to evacuate the lake and also that the NOP has ceased.

**KEY CONTACTS**

**OW Sub Committee**

David Sharp, Ben Clark, Emma Oates, James Turner, Kamilla Gordon (please ensure all are added to the COWS ‘WhatApp’ Group.

Cath Lyons: 07785624505