



CLUB OPEN WATER SUPERVISOR GUIDELINES

RIPON RACECOURSE LAKE

(Revised 4/3/16)



BOTTOM LINE! UNDERSTAND THE BIGGER PICTURE...

If you want to have safe swim sessions and continue to swim at Ripon Lake then it is important to understand that each and every COWS must understand the session rules and enforce them exactly as described. Please do not be tempted to allow deviations, it could as a minimum, jeopardise our 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 does not swim and remains lakeside until all swimmers are out of the water.

RESPONSIBILITIES

1. Try to arrive at least 10 minutes early in order 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 11°C (18yrs old and over) or 13°C (under 18yrs old).
3. 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.
4. Please wear the yellow high-viz tabard for easy identification.
5. At the lakeside you must have your fully charged mobile phone. In the COWS Shed is all that you need to complete your session.
6. **ALL swimmers must check in and out with you**, before entering the water and immediately on exiting. All swimmers must bring their membership cards and exchange their card for a swim band. Ideally, we also need their car keys.
7. **Under 18's must swim with their parent on a 1:1 ratio - NO EXCEPTIONS**
8. **NYP Tri Lake sessions are strictly for card carrying NYP Tri Members no one else is not allowed to swim - NO EXCEPTIONS.**
9. In order to avoid head on collisions, remind swimmers to go around the final buoy.
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.

KEY CONTACTS

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Brett Edgeworth (Chairman) 07867 382106