



# INDUCTION TRAINING PROGRAMME

## RIPON RACECOURSE LAKE

(reviewed 4/3/16)



### AIM

The aim of the induction session is to ensure that every person that wants to swim in Ripon Lake is a member of NYP Tri, fully understand the risks involved, fully understands the club rules and has signed a disclaimer. **IT IS NOT A SWIM COACHING SESSION.**

### Preparation

Trainer to arrive 10 minutes before the briefing starts at the lakeside.

### Content

Once at the lakeside you need to do the following;

1. Check each inductees has a printed copy of the Acknowledgement of Risk form; to be signed off at the end of the briefing. It is also a good idea at this stage to highlight the section of the disclaimer that required the individual to state that they have swim 1500m in a pool without stopping within the past 12 months (18 and over).
2. Check all under 18's have a parent (NYP OW inducted member) present.
3. Go through the rules one by one.
4. Go through the disclaimer POINT BY POINT
5. Give some OW swim tips
  - a. Breathing
  - b. Sighting
  - c. Fish and swans
  - d. Anxiety/panic attacks
  - e. Weeds
6. Explain that there is a "white swim hat rule" that signifies a person new to OW swimming.
7. Advise all swimmers to not go too long on their first swim of the year.
8. Trainer to sign inductees disclaimers; only sign off people that you deem suitable.
9. Inductees are to send their signed off Disclaimers to the Membership Secretary with a recent photo. (these are legal documents)
  - a. Members can expect their printed Membership Card to be received by them within 30 days of delivery to the Membership Secretary.
  - b. Until they receive their Membership Card no swimming is permissible in the Lake.