

Briefing for Open water Swimming
To be delivered before every session

Swimmers

1. You must be a current full, affiliate or day member of MSTC
2. You must have signed the indemnity and paid for your swim session
3. You must be wearing a wetsuit and visible swim cap
4. Please sign in on the pontooner's sheet before entering the water, and be signed out on exit. Be aware of rocky ground.
5. Please stay within the designated swim lane (describe), keeping away from the water tower and give the buoys a wide berth
6. Please sight regularly for other swimmers, any vessels and to keep on course
7. If you experience any difficulty where possible head for the shallows or roll onto your back, put your hand in the air, shout and attract attention from fellow swimmers/kayaker
8. Be aware of fellow swimmers in case you need to give assistance
9. If you are a new to this reservoir or would appreciate help identify yourself and someone will be assigned to swim with you. Swim floats are available.
10. Ensure you are out of the water by the end of the session (Tuesday 7.30pm; Saturday 10am)
11. Report any adverse incidents to the safety team
12. (If weather looks like it might deteriorate) Please keep an eye on the Kayakers who if the weather turns bad (lightening) will be instructing swimmers to leave the water
13. If you have any medical condition which others may need to help you with please brief the person on the Pontoon

Enjoy your swim