



Briefing for Open water Swimming

To be read by every swimmer before signing in:

Swimmers

1. You must be a current full member of MSTC or having a guest/taster session
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 before entering the water, and be signed out on exit. Be aware of rocky ground.
5. Please stay within the designated swim lane, keeping away from the water tower and give the buoys a wide berth
6. Please sight regularly for other swimmers & vessels
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. Adapt to changes during training. In an emergency (casualty evacuation/deteriorating weather conditions), swimmers will be instructed to leave the water. The Spotter will sound the klaxon continuously & kayakers will tap the side of their kayak with their paddle. Spotter/kayakers will use whistles if necessary to help alert swimmers.
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

JP/JW/19