



Briefing for Open water Swimming

To be read to/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. Sign in before entering the water, sign out on exit. Be aware of rocky ground.
5. Stay within the designated swim lane, keep 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. If you have any medical condition which others may need to help you with please brief the person on the Pontoon
13. Adapt to changes during training. In an emergency (casualty evacuation/deteriorating weather conditions),
 - swimmers will be alerted by a continuous klaxon & kayakers will tap the side of their kayak with their paddle. Spotter/kayakers will use whistles if necessary to help alert swimmers.
 - Swim to the nearest buoy whilst the launch recovers the casualty
 - Evacuate the Reservoir & rendezvous at the top of the slipway
 - Once all swimmers are accounted for, swimming will resume.