

## Notes for Swimmers, Ardingly Reservoir

### BEFORE

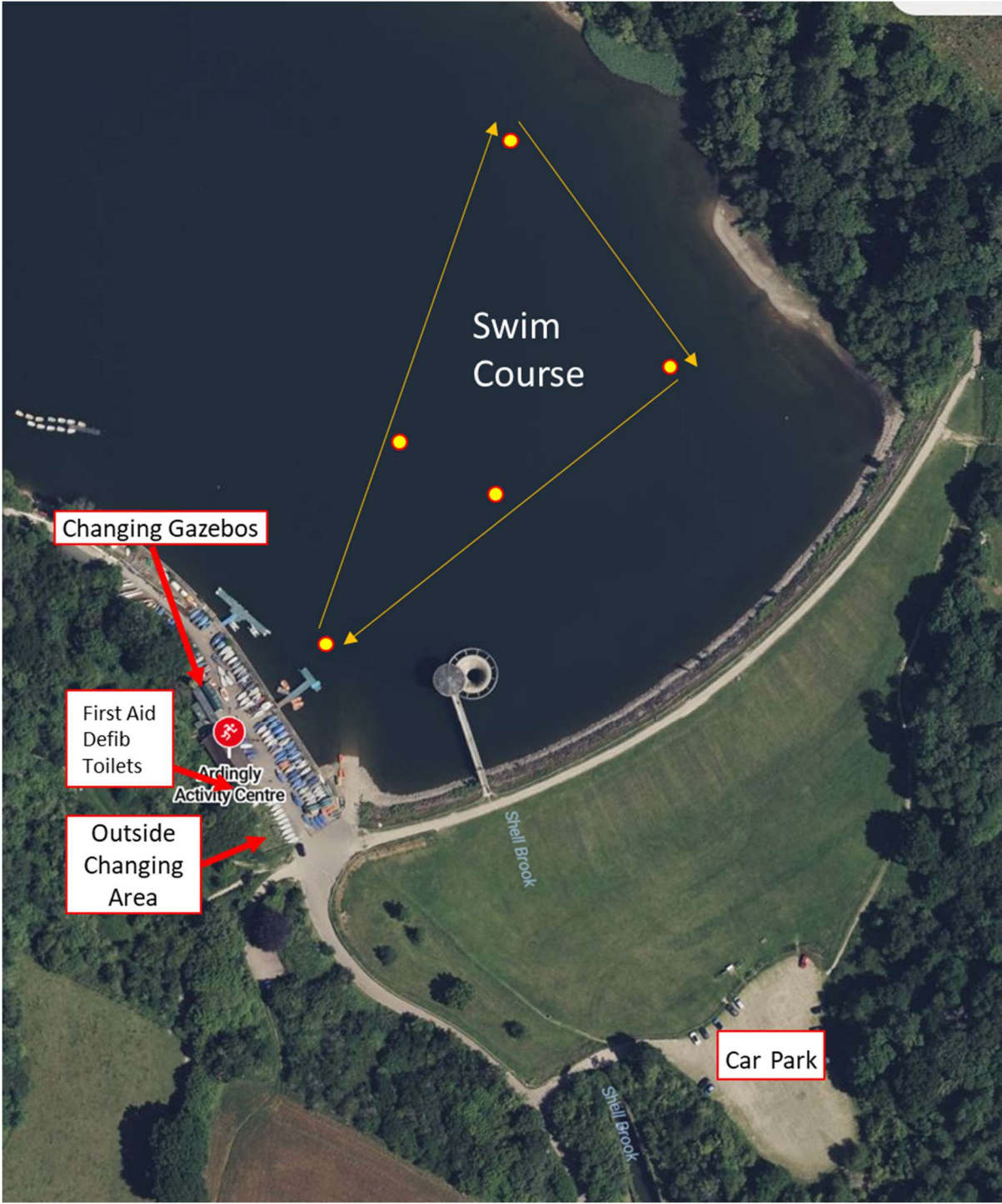
- You must have pre-booked and paid for your session
- Two changing gazebos are available for our use. The toilet is located just inside the visitor centre
- In fair weather, members use the picnic table area for meeting and changing. Bags can be safely left there

### DURING

- Wetsuit & visible swim cap must be worn at all times
- You must sign in with the Spotter before entering the water
- If you are a new to this reservoir please identify yourself to the Spotter and someone will be assigned to swim with you at least for the first lap. Swim floats are available.
- Stay as close as possible to the marked lane during your swim – you will need to sight regularly
- We are all responsible for safety. If you are in need of assistance or see anything or anyone requiring attention, put your hand in the air to attract the attention of the kayakers. They are in radio contact with the other members of the safety team who will assess and deal with the issue.
- There is a first aid station and defibrillator in the Activity Centre

### AFTER

- You must sign out with the Spotter before leaving the slipway.



Swim Course

Changing Gazebos

First Aid  
Defib  
Toilets

Ardingly  
Activity Centre

Outside  
Changing  
Area

Shell Brook

Car Park

Shell Brook