



In association with Rother Valley Country Park, Mansfield Road, Sheffield, S26 5PQ

Please read this document completely; it is for your safety and the safety of the club officials and coaches. If you are unsure about any part of it then please ask the designated session leader or one of the officials on duty.

Failure to adhere to the rules below could result in exclusion from the session or in extreme circumstances Sheffield Triathlon Club itself. Remember open water swimming carries a degree of risk and failure to obey the rules may put your life, or the lives of others in danger.

Open Water Swimming Rules

- A pre-swim briefing will be given before every session. This will provide clear guidance on the session, the course, information on what to do if you are experiencing difficulty etc. Each session must have a swim lead who will make themselves known.
- Every swimmer must be a member of Sheffield Triathlon Club or a day member of the club. All swimmers are required to be registered Rother Valley users, providing details of any medical conditions etc. Membership cards must be supplied with emergency contact details on them.
- Before changing every swimmer must register for the session providing STC card and payment. No swimmer may enter the water until all safety arrangements (spotter, buoys and canoes are in place).
- All swimmers must be registered IN and OUT of the water. A named 'registrar' should be pointed out during the briefing. STC cards must be collected on the exit of the swim.
- STC strongly recommends the use of wetsuits for all swimmers. However permission may be granted to swim without a wetsuit by the session lead. This will be dependent on water temperature in line with BTF regulations.
- All swimmers must wear a brightly coloured swim hat and goggles.
- To avoid contracting water borne diseases swimmers with open wounds and grazes are advised not to swim.
- All accidents and incidents must be reported to the session lead, first aid kit is available.
- All swimmers must enter and exit the water at the designated point. This will be confirmed by the session lead.
- All swimmers must swim on the designated course.
- If a swimmer decides to take a rest they must do so off the direct swim line so other swimmers are not impeded.
- In the event that a swimmer experiences difficulty they should roll on to their back and raise a hand in the air. A safety canoe will come to their aid. The swimmer should remain calm and follow the instructions from the safety canoe.
- All swimmers must swim within their own ability. They must follow instructions given by the safety canoe or an official. If the swimmer is asked to leave the water they must do so without argument.
- In the event of an emergency the event leader will blow a whistle three times. All swimmers must return the water entry point and await instruction.
- All swimmers must be out of the water by 1000, the lake is then open to other water users.



- Although water quality is closely monitored, we recommend that all swimmers shower before leaving the site. If you feel unwell within 24 hours of using the facility, we advise that you visit your GP and inform them that you have been open water swimming.

Disclaimer

1. I am aware of the need to seek medical advice if I have any concerns as to the state of my health. I have not been informed by a medical practitioner, and I do not have any knowledge of any medical conditions which would make it inadvisable for me to participate in open water swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
2. I am aware of and appreciate the inherent risks involved in such training and events including the possibility of injury or accident. I undertake to always conduct myself in a responsible manner.
3. I undertake at all times to train and compete in a safe and proper manner and not to do anything which would expose me or other swimmers to unnecessary risk or injury. I further undertake at all times to take all reasonable safety measures for the protection of myself and other swimmers and to inform a safety officer of any concerns that I may have in relation to safety.
4. I acknowledge that Sheffield Triathlon Club, British Triathlon Federation, Rother Valley Country Park or anyone affiliated to thereto cannot be held responsible for any loss or damage to any personal belongings that I incur whilst taking part in open water swim training or events. I must take all reasonable steps against any loss or damage.
5. I hereby agree to abide by and be governed by the rules of the British Triathlon Federation and all other laws and regulations applicable.

I (Print Name) acknowledge that I have read and understood and agree to comply with the club open water rules for swimming at Rother Valley as details above.

Signed

Date