



Open Water Swimming Rules

Please read this document completely; it is for your safety and the safety of the Surf Swim School 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 the Surf and Swim School 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 must be registered with the Surf and Swim School Ltd. All swimmers are to provide details of any medical conditions etc. and emergency contact details.
- Before changing every swimmer must register for the session by signing the register and paying for the session. No swimmer may enter the water until all safety arrangements (spotter, buoys and rescue craft are in place).
- All swimmers must be registered IN and OUT of the water. A named 'registrar' should be pointed out during the briefing.
- Surf and Swim School Ltd 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 WOWSA/FINA 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 Head Coach.
- 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 lifeguard will come to their aid. The swimmer should remain calm and follow the instructions given by the lifeguard.
- All swimmers must swim within their own ability. They must follow instructions given by the safety cover or Head Coach. If the swimmer is asked to leave the water they must do so without argument.



- In the event of an emergency the event Safety Officer will blow a whistle three times. All swimmers must return to the water entry point and await instruction.
- Although water quality is closely monitored, we recommend that all swimmers shower when leaving the sea using the public showers on the walk back to the Surf and Swim School. If you feel unwell within 24 hours of swimming, 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, nor do I 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 which 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 the Surf and Swim School Ltd 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 FINA and all other laws and regulations applicable.

I (Print Name) acknowledge that I have read and understood and agree to comply with the Surf and Swim School open water rules for swimming at Westward Ho beach and sea pool.

Signed Date