

OXFORD TRIATHLETES - OPEN WATER SWIMMING

Health and Safety Briefing – 2010 Guidelines

A pre-swim Health & Safety briefing is Mandatory for all participants

Early on in the season and for new swimmers the briefing should be comprehensive. As the season progresses to avoid briefing fatigue, identify any relevant conditions on the day such as poor weather conditions or visibility, but do not assume prior knowledge. If in doubt brief comprehensively!

Consider the following points (those in **bold** to be addressed at each session:

- Welcome swimmers and introduce yourself! Identify duty Safety Officer
- Clearly state session end time – this is when all swimmers **MUST** be out of the water. Flags may be waved at session end approaches
- **Advise any adverse conditions or hazards – weather, water temperature**
- Has everyone:
 - Signed, READ and handed in the 2010 Disclaimer
 - checked in with duty Safety Officer and exchanged membership card for swim band
 - paid any relevant fee
 - **advised Safety Officer of any relevant medical conditions or injuries**
- Identify any qualified Lifeguards and First Aiders present
- When in the water
 - Swim **only** as directed on the day – the course may be clockwise/anti-clockwise, shorter/longer due to mist or fog...
 - There is a triangle of fixed buoys around which the swim course goes. These are numbered 1 (red), 2 & 6 and are arranged as:

⑥

②

①_{red}

- sight often when swimming, look regularly at the entrance/exit area, and be aware of drifting if the prevailing SW wind is significant
- **If you get into trouble go onto your back and wave one arm slowly in the air**
- You are obliged to help anyone who appears to need help
- **If you hear an air horn or whistle blasts, stop swimming and look to the safety officer at the beach for instructions**
- In the event of a recall safety flags will be waved – return immediately to the beach area
- Try to swim in groups with similar ability swimmers – ask if any swimmers are not confident in open water and get people to ‘buddy’ with them
- There is no ‘on water’ safety cover. If you are not confident in your swimming abilities then **DO NOT ENTER THE WATER.**
- Make sure on leaving the water that you exchange your swim band for your swim card
- Are there any questions?

Have a safe and enjoyable swim!