

OXFORD TRIATHLETES - OPEN WATER SWIMMING

Health and Safety Briefing - 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. When people have come regularly then they can just be advised of any relevant conditions on the day, but do not assume prior knowledge. If in doubt brief comprehensively!

Consider the following points:

- Welcome swimmers and introduce yourself! Identify duty Safety Officer
- Saturday Swim session ends at 9.30 prompt
- Advise any adverse conditions or hazards – weather, water temperature
- Has everyone:
 - Signed and handed in the 2008 Disclaimer
 - checked in with duty Safety Officer
 - 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** in an anti-clockwise direction, keeping the orange marker buoys on your LEFT
 - Stick to the course marked by the orange buoys and swim *either*
 - ‘out & back’ to the two buoys on the left (c.100m apart) *or*,
 - the triangular course (c.500m) swimming first to the buoy far right
- out and back swimmers must swim wide to the right when heading out into the lake. This is to avoid colliding head on with the lap swimmers – a real possibility with sun glare and choppy conditions
- 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
- 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 you are checked out immediately you leave the water
- Are there any questions?

Have a safe and enjoyable swim!