

OXFORD TRIATHLON CLUB - OPEN WATER SWIMMING

Safety Brief – 2011

- Identify any relevant conditions on the day such as water temperature, weather conditions or surface visibility.
- Identify any potential hazards, such as other users of the Lake.
- Explain the procedure for getting in and out of the water:
 - Swap membership card for wrist-band, supervised by the second Duty Safety Officer - take as many whistles as possible.
 - Enter using the handrail or dive in from the pontoon. Due to stability issues, only 4 people are allowed on the pontoon at a time.
 - Exit using the handrail. Be aware that, having been horizontal in cold water for a while, when one stand up one might experience some dizziness.
 - Swap wrist-band for membership card, supervised by the second Duty Safety Officer.
 - Tell one of the Duty Safety Officers of any problems.
- Explain the swim route.
 - There is usually a triangle of fixed buoys around which the swim course goes, numbered and arranged as shown on the map
 - Swim only clockwise or anticlockwise, as directed on the day.
 - Emphasise the importance of sighting frequently while swimming and to look regularly at the entrance/exit area.
- Explain the distress procedure:
 - If any problems arise, the first action is to attract the attention of the Duty Safety Officers who will blow the hooter and wave the emergency flag to attract the attention of all swimmers.
 - If you are having problems, turn on your back and wave your arm. Blow a whistle if you have one.
 - If you come across someone in distress, help them. If they need more help than you can give, turn on your back and wave your arm. Blow a whistle if you have one.
 - If you hear the hooter, stop and look around. If someone in distress and needs your help, help them. If not, swim immediately back towards the Duty Safety Officers and exit the water. Group up with other swimmers and keep an eye on each other. The reason for this is to reduce the likelihood of a second problem arising while the Duty Safety Officers are dealing with the first one. It is not necessarily the end of the session.

- You should only help others within your capability and as long as it does not endanger you.
- Ask if there are any questions.