

THERE IS NO OBSERVATION OR LIFEGUARD ON DUTY. PLEASE SWIM RESPONSIBLY AND SWIM WITHIN YOUR LIMITS

Open Water Swimming requires physical exertion, you must consider your swimming ability before entering the water and ensure you and any children you are supervising are capable of and are in a fit state of health for swimming in the lake unaided.

WEAR THE RIGHT KIT

Wear a **wetsuit** and **swim cap** unless agreed prior to entering the water – this will assist with your core body temperature.

ALWAYS SIGN IN & OUT OF THE WATER

See one of dock staff to ensure you have been signed in and out the lake.

ALWAYS WEAR A TOW BUOY

Tow Buoys are compulsory and must be worn at all times. This is to help you in an emergency and increase your visibility.

ENTER & EXIT THE WATER ONLY VIA THE MAIN JETTY

Only use the bank to exit the lake in an emergency

RAISE YOUR ARM FOR ATTENTION

If you cannot make it to the shore, holding your tow buoy for support, raise your arm and call for help.

KEEP TO THE SWIM CIRCUIT

Enter water at the main jetty. Swim across lake until you are close to east bank of lake. Swim in a southerly direction. Our team will be happy to show you the course.

WE STRONGLY RECOMMEND

- **SWIM WITH A BUDDY** - look after each other, there are no lifeguards.
- **NOVICE SWIMMERS** - please swim short distances only until you are confident of your capabilities.
- **HYGIENE** – shower after swimming. Wash any open wounds and ears, etc. If you develop any flu like symptoms, it is important to see your GP and advise you have been swimming in open water.
- **COLD TEMPERATURES** – reduce time spent in the water. If you feel yourself slowing down or struggling, exit the water immediately to reduce the risk of swim failure.

COLD WATER SHOCK

The effect on the body entering cold water is often underestimated. Cold water shock can increase heart rate, blood pressure and breathing rate, leading to an overall feeling of panic. This increases the chances of inhaling water into the lungs. To reduce the chances of cold water shock **enter the water slowly** and **stay by the main jetty** until you have given your body time to adjust. Take a minute to **relax and float**. If the effects of cold water shock does not pass exit the water immediately.

