

Swimmer Information

Please read swimmer safety information prior to attending

Swimmer Safety

1. Swimming is only permitted once the water temperature is reliably above 11°C
2. Wetsuits are (mandatory) for adults AND children when water temperature is below 18°C (unless cleared to swim without a wet suit by duty manager following confirmation of experience).
3. Wetsuits become optional when the water temperature is over 18°.
4. Whenever a wetsuit is not used a tow float must be worn at all times.
5. Do not enter water until told it is safe to do so by the duty manager.
6. Do not enter the water if lifeguard/DM is not at point of entry, **YOU MUST SIGN IN/OUT.**
7. It is recommended you wear shoes or flip flops to the water edge.
8. If you hear a siren alarm this is a signal for immediate evacuation, please exit the water at the nearest bank and go back to swimmer checkout point so you can be cleared before departing site.
9. Swimmers advised to take extra care when entering and exiting the lake as it can get slippery and there are rocks present on the bed of the lake.
10. All swimmers to be aware of others around them, particularly around buoys where people may stop.
11. Acclimatisation area is between entry point and first buoy. New swimmers are advised to take their time getting used to the conditions.
12. Please be aware of the swans, especially during nesting season. Swimmers are reminded they should stand up, talk and splash the swans gently if they take a particular interest in an you. Do not try and swim away.
13. Participants to have vacate Lakeside campus no later than 1030 Saturday(s) and 2030 Monday(s) unless otherwise arranged with Lakeside manager/supervisor.
14. UW staff have the right to refuse entry or ask any participants to leave the water on grounds of safety.
15. If you require help, stop, tread water, or stand up and hold a fist up high in the air.

Hygiene Information

1. Swimming in open water has inherent risks and requires swimmers to be mindful of their own welfare.
2. If you are feeling unwell, do not swim.
3. Cover all cuts and abrasions, however minor, with sticking plasters. (You should not consider swimming if you have deep cuts)
4. Wash hands in fresh water before eating after you have swum.
5. Take a full shower at the earliest opportunity.
6. Try not to ingest water while swimming.
7. In addition, all swimming kit (wetsuit, costume, goggles, hat etc) should be washed in clean water and thoroughly dried prior to the next session/event particularly if using multiple venues to avoid cross contamination
8. If you fall ill and suffer flu like symptoms, including high temperature, headache and vomiting up to 3 weeks after swimming in open water, book an appointment with your doctor and tell them you have been open water swimming and to check for Weil's Disease.

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Swimmer Signals

1. If you are in trouble, first try and stand. If you cannot stand, lie on your back and put your hand in the air to signal to the lifeguard.
2. If you spot another swimmer in trouble, do not go to assist as you may end up getting in trouble yourself.
3. Instead, stop swimming a safe distance away and make yourself known to a lifeguard, by putting your arm in the air

Declaration Form (this information will be collected at point of booking)

DECLARATION FORM Open Water Swimming

Each adult participant must complete this Declaration Form

We are requesting this information from you so that we can ensure your use of our facility on the basis of self-led activity is compliant with our insurance guidelines etc. We may also use this information for promotional purposes and programme evaluation etc. The information about you will not be shared with any others internally or externally from the organisation. Please note that the University of Worcester is the Data Controller and details of how we process your data including how long we retain it and your rights are detailed on <https://www.worcester.ac.uk/informationassurance/visitor-privacy-notice.html>

The processing of this data is dependent upon your explicit consent. Please complete:



I consent to my personal information being processed in accordance with the purpose identified on this data collection form.

Signature:

Date:

Your Details:

Full Name:

Address:

Postcode:

Telephone:

Email:

How did you hear about us?

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Emergency Contact Details:

Name:

Telephone:

Mobile:

To use the UoW facilities you must be able to certify that:

- i. I am over 18 years of age: Yes/No
- ii. I am a competent swimmer able to swim unaided for a minimum of 600m
In open water: Yes/No
- iii. I do not suffer any illness, disabilities, or medical condition(s)
that may affect my ability to undertake open water
swimming. Yes/No
- iv. I do not take any form of drugs or medication that
may impair or affect my ability to undertake strenuous
or water-based activities: Yes/No
- v. I confirm that I have read the enclosed Terms and
Conditions and understand and agree to the same: Yes/No

Please list here previous experience and any relevant qualifications or membership
you may have:

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TERMS AND CONDITIONS

The University of Worcester recognises that water-based activities can be inherently dangerous with a risk of personal injury or death. All participants in these activities should be aware of and voluntarily accept these risks and be responsible at all times for their own actions. By accepting these Terms and Conditions you are confirming that you are fully aware of this and accept the risks associated.

- i. UoW do not provide any insurance and all activities are undertaken at your own risk.
- ii. UoW do not accept any liability for loss or damage to personal property.

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- iii. UoW do not accept any liability for personal injury or death although this disclaimer does not affect any statutory rights of those using the facilities or exclude or restrict any liability for personal injury or death arising from the negligence of UoW.
- iv. Each swimmer is expected to take full responsibility for their own actions and be respectful of other swimmers in the session.
- v. All swimmers will immediately and at all times comply and adhere to instructions given by UoW staff.
- vi. UoW will be fully indemnified in the event of damage, personal injury or death arising out of the negligent actions of any members of the group.
- vii. UoW have the right to cancel a session at any time before or during, in the event of actions by any individual which may result in distress, damage or danger to other users. This includes a failure to disclose any information required within this Declaration Form or false information having been given.
- viii. Wetsuits and swim hats are compulsory if water under 18degrees C. If wetsuits are not used, then tow floats must be worn at all times.
- ix. 8 - 13-year-olds must be accompanied by a competent adult in and around the water *
- x. 14-18-year-old solo swimmers must be able to complete a lap of the lake unaided *
- xi. Any U18s on site must be accompanied by a responsible adult at all times

**Third party data should only be provided with the consent of those named individuals or consent of their parent or guardian if under 18.*

I understand that by signing below I confirm that I have understood and agree to the requirements of me under this Declaration Form and the Terms and Conditions above.

Signed:

Print Name: **Date:**