



## **Instructions for OWS safety spotters.**

All spotters will receive a free swim session. This can be taken on the night you spot if you swim as well, or you will be issued with a voucher to redeem a free swim at another session.

Spotters in canoes must wear a wetsuit and a life jacket.

Two canoeists should be on the water at all times. It is important that the canoeists separate and aim to be able to monitor as much of the swimming course as possible.

If swapping with another swimmer half way through the session, agree a time to swap before entering the water.

Pay particular attention to novice swimmers (wearing white hats) and juniors (green hats)

The bank side spotter must hold a mobile phone, keys to the gate, the emergency service contact card and have access to a car. In the event of an incident which requires the emergency services to attend, the bank side spotter will drive to the gate and open it so the emergency service vehicle can gain access.

Bank side spotters should position themselves so they can oversee the whole swimming area. They must alert the safety canoeist to any swimmer in difficulty.

The bank side spotter must alert the session leader to any incidence, particularly those which may require evacuation of the lake.

Swimmers will be briefed that if they get into difficulty they should roll onto their backs and put one hand in the air. If you notice a swimmer in distress or you are alerted to a swimmer by the bank side spotter, you should paddle towards the swimmer and allow the swimmer to rest on your canoe. The canoe is not designed for you to attempt to pull the swimmer onto your canoe, this could result in a capsized. If the swimmer is unable to swim after resting, you may pull the swimmer to the shore.

In the event of an emergency the session leader will use the air horn and give 3 blasts on the horn. All swimmers must evacuate the lake as quickly as possible. Canoes should assist with this, and ensure all swimmers are aware of the need to evacuate. Canoeists should remain in the water until all swimmers have left the water.