



Leeds and Bradford Triathlon Club 2010 Open Water Swimming Rules and Safety Code

These rules may be amended from time to time at the discretion of the committee. All changes will be publicised to members. Serious disregard or breaches of these rules reported to the committee may result in the offending member being expelled from the club. The Club's disciplinary procedure will be applied.

- 1) Open Water Swimming is only available at the times agreed with Otley Sailing Club and published by LBT as our open water swimming sessions; there are no exceptions to this rule.
- 2) Open Water Swimming can only take place when there is a key holder and a person designated by LBT as the session leader present (they can be the same person). In addition they must be assisted by at least one bank spotter and two safety canoeists; there are no exceptions to this rule.
- 3) All swimmers must be paid up Leeds and Bradford Triathlon Club members. (There will be no opportunity to join the club at the session.)
- 4) Everyone who wants to open water swim **MUST** fill in the Registration Form and sign up to and abide by these rules prior to their first swim. Registration at each session is then mandatory.
- 5) The leader of the session has the right to refuse entry to any member.
- 6) Swim hats must be worn. Novices must wear white hats, adult members yellow hats and junior members green hats.
- 7) Wetsuits must always be worn. (A limited number of wetsuits will be available to borrow.)
- 8) The lake water temperature must be a minimum of 12°C for adults to swim, and 14°C for juniors to swim.
 - 12°C adults can only swim 1000m (approx twice around the course)
 - 12.5°C adults can only swim 1500m (approx three times around the course)
 - 13°C adults can only swim 2000m (approx four times around the course)
 - 14°C minimum temperature for juniors. Any distance for adults.
- 9) Every person planning to enter the water **must** register, produce their LBT membership card before swimming and take a numbered band which is returned to the designated point on leaving the water. Any personal possessions left in exchange for a green band are not the responsibility of the

session leader.

- 10) The minimum age for swimming in the lake is 12 years (as at 31st December in the current year), but all junior members must additionally have satisfied the LBT junior coaches of their swimming competence, and completed an induction course. Juniors must complete the registration form, which must include the signed consent of a parent/guardian.
- 11) Swimming will be only in the designated areas as set out by the session leader.
- 12) Access to the lake must be via the slipway or the pontoon opposite the clubhouse.
- 13) The evening session will start at 7 pm. No one is to enter the water before the safety cover is in place. Everyone out of the water by 8pm, or at an earlier time at the discretion of the session leader.
- 14) The morning session will start at 7.30am. No one is to enter the water before the safety cover is in place. Everyone out of the water by 9:30 am, or at an earlier time at the discretion of the session leader.
- 15) If the lake needs to be cleared for any reason 3 long blasts on the air horn will signal this (everyone to meet at the flagpole).
- 16) If you get into difficulty you are advised to roll onto your back and put one hand in the air to summon assistance.
- 17) Any novice open water swimmers must make themselves known to the session leader prior to entering the water; all novice swimmers will wear the designated swim cap (white), and an additional briefing will be given if available.
- 18) Swimmers are requested to look out for novice open water swimmers and to treat them with consideration and due regard for their welfare, experience and safety.
- 19) All attendees must be available for a reasonable amount of duty as a spotter assisting the session leader, as required. Every attempt will be made to call for volunteers to fill the rota; however, the session leader must ensure the safety of swimmers is paramount and has the authority to call on any attendee for safety cover.
- 20) All volunteers using the canoes must wear a safety lifejacket and a wetsuit.
- 21) On swim sessions deemed as LBT coached sessions, normal own choice rotational swimming will be suspended and all attendees will become part of the planned session, swimming under the control of the session leader and attending coach/es.
- 22) Hot refreshments are available for all LBT members and guests; please treat the kitchen area with respect and keep it clean and tidy.
- 23) The key holder or the person designated by LBT as the session leader is

responsible for the security of the clubhouse and gate.

The main gate will be opened by the keyholder:

On Tuesdays, this will be at 6.15pm, the combination lock put in place at 6.30pm. Any member opening the combination lock is responsible for ensuring the gate is securely closed with the combination lock.

On Saturdays, the gate will be opened a 7.30am, and closed shortly afterwards. The combination lock will not be put in place on Saturdays.

- 24) On Tuesdays members wishing to leave before 8pm can open the gate using the combination lock, at 8pm the gate will be opened.

On Saturdays the gate will be opened once all swimmers are out of the water and the session closed, the combination lock will not be used on Saturdays.