

## **CMYC Open Water Swimming Safety Briefing for swimmers**

Swimmers are reminded that it is a condition of their membership that it is their sole responsibility to evaluate the weather and water conditions at the lake on the day they swim and make their own decision about suitability for swimming. It is entirely for each swimmer to decide what clothing to wear during their swim although a high visibility swimming cap is compulsory for all swimmers.

The most recent water quality report is on display on the Club noticeboard.

In the event of any issue arising with water quality, open water swimming sessions may be cancelled. The OWS Coordinator will notify members about the status of the water via WebCollect.

### **Entry and exit point**

- The sole entry and exit point for swimmers is the ladder at the end of the right-hand jetty.

### **Water quality issues**

- Swimmers are advised to conduct visual checks of the water before entering.
- Look for water clarity and signs of algae, and assess for bad odours.
- If there are any issues with the quality of the water do not swim and inform the OWS Coordinator as soon as possible with details of the issue.

### **Swimming course**

- A course is delineated by buoys.
- Swim round the **OUTSIDE** of the buoys in a clockwise direction. This will reduce the risk of collision with other swimmers.
- Do not swim into either of the two areas marked by white buoys – the far (east) end is exclusively for bank fishing and the near (west) end is very shallow and designated for wildlife.

### **Hazards**

- All buoys have weighted lines but be aware of the danger of entanglement in tethering lines.
- Sight for partially submerged objects at all times and report any problem objects to OWS Coordinator.
- Keep well clear of the Maid of Kent (the large moored barge) which has mooring lines all round.
- Avoid any close encounters with birds – especially swans.
- Except in emergencies there should be no sailing craft on the water during OWS sessions.
- Be aware that canoeing, kayaking and paddleboarding are permitted during OWS sessions – sight regularly.

Please report the presence of any sailing or rowing craft (canoes, kayaks and paddleboards excepted) being on the water during an OWS session to the OWS Coordinator.

**Harry Warnett - CMYC Open Water Swimming Coordinator – July 2023**

**Contact via email: [cmycnews@gmail.com](mailto:cmycnews@gmail.com)**