

***Activity Methods Of Work
Updated 24/11/2017.***

Triathlon & Wild Swimming

Wild Swimming & Triathlon Training

The following pages are dedicated to the methods of working that will be adopted by all that Participate, Both Staff And Members on the site. Failure to comply with the directives is considered a serious offence that can lead to dismissal or loss of membership

Membership

- Swimming and the use of the site are permitted prior to 10.00 in the morning and also Tuesday & Thursday evenings after 17.30 hrs. until half hour prior to dusk.
- Swim Members have access to the site at all times for the purpose of running and cycling, or just being on site.
- No Swim member is permitted to use the site without another person being in attendance, that person may not be swimming but must stay on site at all times to watch their partner/colleague.
- Swim Members must be fit to attempt the course in which they are using.
- Members are issued with the lock code to the gate and the changing rooms and must not divulge this to any non-member for whatever reason.
- Members will be aware there is no lifeguard cover for practice swimming but a large number of floatation aids in the shape of marker buoys are placed on the lake to provide support if the need arises.
- All members have a responsibility towards other members on the lake and will watch out for each other.

Waterland Risk Management Systems

- Waterland staff the site after 09.00 hrs. in the morning and from May onwards on a Saturday and Sunday 0730hrs.
- It is highly recommended that people who swim in open water at Waterland under the membership scheme and PAYG use a tow float. But they understand this is not rated as a buoyancy aid but may assist the person staying afloat. It is mandatory for persons under 18 to have and use them even if they are wearing a wetsuit.
- It is mandatory for those under eighteen that are swimming to be supervised by an adult in Loco Parentis.
- If the under eighteen is part of a coached group. The qualified open water swim coach has been authorized by Waterland to dispense with swim floats if other safety arrangements that have been agreed are in place.

Open water swimming events are lifeguarded and therefore swim/tow floats are dispensed with.

Triathlon And Swimming Events

- Waterland provide the qualified cover for these events in the format of the correct number of rescue craft according to the specifications of the British Triathlon Federation, the number being a ratio of one rescue craft to twenty swimmers in the water. The types of rescue craft are kayaks, canoes, paddleboards or powerboats or a selection thereof.
- First Aid cover is to be provided by a suitably qualified first aider or emergency ambulance technician or paramedic. For example St Johns Ambulance.
- The first aid provision must include treatment for rapid cooling symptoms.
- Radio cover between all rescue craft and ambulance control will be maintained at all times.

Waterland Risk Management Systems

- Traffic management plans will be put in place for events and the only vehicles on site will be Marshalls and staff. No vehicle is allowed to move until the events finish.
- The gate will be staffed to stop any vehicle from entry or exit unless deemed essential from a senior Waterland Team member.
- All events organisers must be covered third party public liability and lodge a copy of the document with Waterland.

Coaching At Waterland

- All coaches must produce their own risk management document to Waterland for approval that will cover their session.
- All coaches must be a qualified first aider with an approved qualification from their National Governing Body and produce a copy for Waterland
- All coaches must hold their own third party public liability insurance to cover the coaching and produce a copy for Waterland
- All coaches will provide Waterland with their appropriate National Governing body qualifications.
- All coaches will pay Waterland £5.00 per coached person per session (non members) and provide the coached person with information regarding the membership to the site.

General Procedures

- All members must report any safety or maintenance problem to a Waterland Staff Member for action.
- All members must, at all times act safely on the site and not place anybody else in jeopardy.

Waterland Risk Management Systems

- Members are to be aware of fishing from the banks and are asked not to go too close in case you get caught up in lines.
- The approved dress for swimmers, at a minimum is a bathing suit

Dogs on site

- Dogs are welcome on site but they must be kept under control and must not be a disturbance to other members.
- Dog excrement must be cleaned up immediately