

RULES OF THE LAKE

Important: Please read these rules carefully

All swimmers agree to swim entirely at their own risk and in the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused no responsibility whatsoever shall be attached to the organizers, sponsors, or any persons involved in the organization of the open water swimming at The Quays, Mytchett.

All swimmers must be healthy and have no KNOWN medical condition.

All swimmers must sign a declaration agreeing to obey all the clauses laid down in these rules and regulations. These rules are established with safety as the most important concern but we are also dedicated to helping you have a really enjoyable experience with your open water swimming.

ALWAYS SIGN IN & OUT OF WATER - You will also be required to write down a contact number.

FIRST TIMERS MUST INFORM US AT REGISTRATION - This is so we can take extra care to ensure you have a safe swim. (Remember, you can book an escorted swim for an extra £5 and one of our experienced swimmers will take you round.)

WEAR A WETSUIT - This will not only keep you warm but will also act as a buoyancy aid. (If you are a member of an open water swimming association you may be exempt from this rule, but only if you seek prior permission).

SWIM IN SIGHT OF THE CLUB HOUSE - If you can't see us then we can't see you!

SWIM WITH A BUDDY - If you get in to trouble, you are not alone.

RAISE YOUR ARM FOR ATTENTION - If you cannot make it to shore, roll onto your back and if possible raise your arm and wait for help.

HYGEINE: SHOWER AFTER SWIMMING - To reduce the chance of any infection please shower after you come out of the lake. This is also a precaution against Weil's disease. Wash any open wounds and ears, etc. If you develop any flu like symptoms it is important to see your GP and tell him that you have been swimming in open water.

Changing Facilities

The club house and changing room and toilet facilities will be open. Please respect these facilities by keeping them clean and tidy. Always remove your wetsuit before entering the cafeteria/lounge area.