

OPEN WATER SWIMMING LEICESTER TRIATHLON CLUB AND LEICESTER MASTERS SWIMMING CLUB

Normal Operating Procedures (NOP)

Procedures for conducting an open water training session are written down here. These will also act as guidelines for the person running the session. The measures outlined should be enforced at all sessions.

Listed below are a few guidelines that Leicester Tri Club have adopted. It is important that the guidelines below are checked to ensure that they are fit for purpose and that everyone on the club committee agrees on the way club open water sessions are to be conducted. Further points may need to be added therefore this document is a constant 'work in progress'.

Background Information:

- Description of venue – [King Lear Lake](#)
- Nature of water – [Lake](#)
- Contact details for owner / operator – [Park rangers \(Dale or Jenny\)0116 2671944](#)
- Average water temperatures for period of use – [14 – 18 DC](#)
- Water quality - [Clear](#)
- Access arrangements for club – [The club can gain access from the slipway accessible via the main carpark.](#)
- Access arrangements for emergency vehicles – [Emergency access as above.](#)
- Emergency Action Plan (see below and separate Club safety measures doc).
- Use by other activities – [\(Newfoundland dogs train after our Saturday session\)](#)

Emergency Action Plan (EAP)

This document will outline the process and procedures to go through in the event of an accident or potentially dangerous changes in circumstances.

- The nominated Safety Officer for the session is responsible for calling the emergency services should an accident occur.
- All swimmers are to be made aware of the LTC openwater swim code of conduct.
- If the weather becomes too dangerous to carry on (e.g. fog comes over/ or an electrical storm starts) each swimmer will be notified by the safety officer when they make a complete circumference around the lake (back to the start).
- The nominated Safety Officer will contact the safety spotters to carry out a rescue, if required, and the safety officer will notify the emergency services.