

Leicester Triathlon Club

Open Water Swimming Watermead Park

Swim Safety Rules

1. Swimming times will be strictly adhered to;

0730hrs x 0930hrs Saturdays
1900hrs x 2100hrs Wednesdays.
2. A minimum of two swimmers in the water at any time. (swimmers are encouraged to swim in groups)
3. At all times when swimmers are in the water, a minimum of two marshals are required on the bank.
4. Swimmers must complete the register before entering the water and sign out before leaving the site.
5. Bright coloured swimming hats will be worn to assist the marshals in the identification of swimmers in the water.
6. The swim route for the session will be determined on the day by the marshals, in consultation with the swimmers, taking into account weather conditions, visibility and the location of fishermen.
7. Swimmers must remain within 50 metres of the bank at all times.
8. Swimmers must remain within view of the marshals at all times.
9. Swimmers must observe whistle signals

1 Blast = Stop swimming, await the instructions of the marshal
3 Blasts = SOS swimmer in difficulties, await the instructions of the marshal

ANY PERSON FAILING TO COMPLY WITH THE RULES OR DISOBEYING THE INSTRUCTIONS OF A MARSHAL WILL BE ASKED TO LEAVE THE WATER.

ANY PERSON FAILING TO LEAVE THE WATER WHEN REQUESTED OR INSTRUCTED BY A MARSHAL RISKS EXPULSION FROM THE CLUB.

The Leicester Triathlon Club would like to thank you for your co-operation in these matters.