



Bray Lake Swimming Open Water Rules

Open water swimming carries certain risks so it is important that you adhere at all time to the following rules:

1. All swimmers enter the water at their own risk
2. The first time you swim at Bray Lake (and at the start of each new season), you must complete and sign the Declaration Form and hand it to the Safety Officer/Marshal before entering the water. This Form contains important details of, amongst other things, your emergency contact(s) and any medical conditions. If any details change, it is your responsibility to notify the Safety Officer/Marshal.
3. Each time you swim at Bray Lake, you must register your name with the Safety Officer/Marshal before entering the water. Upon registration, you will be provided with a numbered rubber band. This band must be worn at all times whilst in the water, either on your wrist or ankle. Electronic chip bands must be registered and logged in and out every session.
4. Upon exiting the water, you must immediately return the numbered rubber band to the Safety Officer/Marshal who will sign you back in (electronic chips must be logged out).
5. People who have never swum in open water before must make themselves known to the Safety Officer/Marshal and be accompanied by an experienced open water swimmer.
6. You must enter and exit the water at the specified place and stay within the designated swim route unless instructed otherwise by the Safety Officer/Marshal.
7. Do you not dive or jump in as the water may be shallow.
8. We recommend that you wear a brightly coloured swim hat at all times whilst in the water to help us see you.
9. You must swim in an anti-clockwise direction to help avoid collisions and do not enter into the space of other water users.
10. You must wear a wet suit to aid buoyancy, retain body heat and protect you from water borne infection unless agreed otherwise with the Safety Officer/Marshal or you are a member of the open water swimming society. Swimming without a wetsuit can increase the risks associated with open water swimming and it is done purely at your own risk.

11. In the event of difficulty during the swim session, roll on to your back and signal for rescue by shouting for attention and raising an arm in the air.
12. Please be alert for any other swimmers who may be having difficulty. Do not be afraid to ask if a swimmer needs help.
13. Swimming in open water can increase the risk of ill health as the water may not be of bathing quality and may contain sewage, livestock contamination and pollution from farming. It is important therefore that you:-
 - a. Do not swim or enter the water if feeling unwell
 - b. Cover cuts, scratches and sores with a waterproof plaster before swimming
 - c. Consider wearing appropriate protective clothing such as a wetsuit, gloves and / or protective footwear
 - d. Whilst you are swimming, try to avoid swallowing and/or splashing water into your mouth
 - e. After swimming, ensure you wash your body and in particular clean your hands thoroughly with soap and water and before handling/eating food
 - f. Thoroughly clean cuts or abrasions using soap and water after exiting the water
 - g. Clean and rinse you wetsuit, goggles and other swimming equipment after use.
14. If you become ill after swimming, immediately seek medical help and let them know you have been open water swimming. Please also immediately notify Bray Lake Swimming.
15. Please take full responsibility for your belongings whilst within the ground of Bray Lake.