

# Safety

## Health advice for open water swimming

- Cover all cuts and abrasions; you should not swim if you have deep cuts
- Try to avoid ingesting water whilst swimming
- Wash hands in fresh water after you have swum, especially before eating
- Take a full shower at the earliest opportunity after your swim
- Dry off quickly after your swim and dress in warm clothes to prevent lowering of core temperature
- If you feel unwell on arrival let us know; please refrain from swimming
- If you feel ill in the days/weeks following open water swimming please seek the advice of your doctor. You will need to tell your doctor about our venue
- Wash and rinse your kit in fresh water, once home, before drying thoroughly
- If you have been unwell with Covid-19 please consider contacting your GP to discuss your fitness to participate

## Swim safety

- Water quality is tested regularly and in line with EC Bathing Waters Directives
- There will be no swimming if the weather conditions are severe, or the water temperature is less than 11 degrees C. Wirral Sailing Centre staff will endeavour to make an early decision in the event of cancellation and to contact swimmers in advance.
- There will be no swimming until the safety team is in position and the duty safety officer states that it is safe to begin
- The safety team reserve the right to refuse entry into the water to any person who is deemed unfit to participate
- There is a ratio of 1 safety unit:20 swimmers
- A white board located close to the swim entry point will clearly state any additional site specific safety information for swimmers; please be sure to read it
- Entry will be walk in/walk out via the designated points and the safety matting. There will be no diving from the jetties
- Swimmers are advised to acclimatise slowly to the water temperature in the designated area
- Swimmers are advised to buddy up with one other person but social distancing must be observed, unless from the same household or social bubble
- A swimmer in difficulty should raise the alarm by turning onto their back and raising one arm. Try to remain calm, regulate your breathing and preserve energy. A member of the safety team will attend swiftly
- If you see a swimmer in difficulty, please support them until a member of the safety team is in attendance
- Any incidents or accidents, no matter how minor, must be reported to a member of the safety team
- Swimmer safety overrides all other considerations.

## **Emergency signals**

In the event of an emergency evacuation of the swim course e.g. sudden deterioration of weather conditions, the safety boat helms will deploy foghorns (continuous blast). Swimmers must leave the water at the earliest opportunity and only at the designated exit point

In the event of the need to revise the swim course e.g. reduced visibility, the safety boat helms will deploy foghorns (repeated short blasts of approximately 2 seconds). Swimmers should make their way back towards the shore whilst the safety team reposition the swim buoys