

OPEN WATER SWIMMING - Meridian Triathlon Club, 2025 - group session

As a prerequisite to swimming in OPEN WATER IN A MTC SWIMMING SESSION you are required to read and sign as agreement to abide by the strict safety measures detailed below:

1. I will not enter the water until all safety measures have been put in place and will abide by such safety measures at all times ensuring I swim within the designated route.
2. I am a competent swimmer capable of completing an 800 metre continuous swim in either front crawl or breaststroke, and am a paid-up member of MTC or a BTF affiliated club.
3. I shall ensure that I have paid my club membership fee and completed and returned my declaration including emergency contact details to the entry marshal before entering the water.
4. I will register my presence with the coach and/or safety officer/marshal on entering and exiting the water, by adhering to the registration system.
5. I shall exit the water when instructed to do so by the marshal/spotters (whistle/vocal instruction).
6. **WETSUIT GUIDANCE:** Wetsuit compulsory if water temperature is below 18°C unless stipulated by the safety marshal; water temperature between 18 - 23°C wetsuit optional; water temperature over 23°C wetsuit not advised. All temperatures are guidance only and coach has final decision based on experience level and weather conditions.
7. A brightly coloured swim hat is to be worn during at all times whilst in the water.
8. A brightly coloured tow float is to be worn during all sessions.
9. If inexperienced in open water swimming, I will stay in my allocated pair/group during the whole of my time in the water. I understand that the lead coach may ask me to use a different route for my first time in open water.
10. I will enter and exit the water at the specified place and stay within the designated swim route unless instructed otherwise by the coach/marshal or the safety officer.
11. In the event I get into difficulty during the swim session I shall roll on to my back and signal for rescue by raising either the left or right arm in the air.
12. I will provide the appropriate contact details in the event of emergency and agree these can be kept for the 2025 swim season.
13. I will not enter into the space of the other water users on the lake.
14. I shall not swim or enter the water if feeling unwell.
15. I agree to take full responsibility for my belongings whilst within the grounds of Lake Ashmore.
16. I agree to respect and abide by the safety rules and code of conduct at Lake Ashmore.
17. I will listen to the safety briefing at the start of each session.
18. I will complete a warm up pre-swim and stretching post-session.
19. I will follow any instructions given by my swim buddy, coach, spotters or lake safety staff.

SWIMMERS

NAME:

Signed by swimmer:

Emergency contact phone no:

Medical information which may be useful (eg. asthma, allergies, anxiety):

PLEASE ENSURE YOU HAVE NECESSARY MEDICATION WITH YOU ON THE LAKESIDE –

Other details you think would be useful to know:

I agree to abide by the safety measures herein and any other local safety requirements issued on the day of the swim. I am fully aware of the dangers of swimming in an open water environment and the fitness levels required and I accept the coach, organisers, landowners and their agents cannot be held responsible for any loss or injury howsoever caused.