



## **Knutsford Tri Club**

### **Swim Session Rules**

In order to provide safe and enjoyable swim sessions for our members we require you to agree to the conditions outlined below.

#### **Pool sessions**

1. Sessions are predominantly based around the freestyle/front crawl stroke and you must be able to swim a minimum of 200m (8 lengths of 25m) of freestyle/front crawl without stopping.
2. You must advise the coach at the start of the session of any health-related issues or conditions which affect your ability to undertake any aspect of the session.
3. Stop if you feel unwell at any point during the session, take additional rest if required.
4. Inform the coach at the start of the session if you have to leave early.
5. Wear suitable swim wear, a swimming cap and goggles. Please also bring any equipment that may be used in the session such as pull buoys, flippers, float and paddles.
6. Arrive at the poolside 5 mins before the session starts to listen to the briefing.
7. Take care when walking on the pool deck as it can be slippery when wet.
8. If you are late due to exceptional circumstances, speak to the coach who will guide you on the warm up.
9. Avoid chatting with incoming/outgoing swimmers as it creates unnecessary traffic around the pool.
10. Do not enter the pool unless authorised by a lifeguard.
11. Before entering the water check with the coach for the swim direction of the lane.
12. Try to maintain a 5 second gap between you and the swimmer in front and do not draft, unless it's an open water drill set. Occasionally you may end up needing to lap a swimmer. Tap their feet to let them know. If someone taps your feet stop at the end of the lane and let them past. When you finish your interval move to the side so that the swimmer behind can finish at the wall.
13. Make sure you are in the right lane for your ability. Please don't be offended if a coach moves you up or down a lane.
14. Beware of hitting the metal handrail, metal steps at each corner of the pool when swimming by the pool edge or when performing 'tumble turns'.
15. In the event of any incidents in the pool you must stop swimming and follow the directions of the venue's staff and KTC coach.
16. You must book your session via our Love Admin site, if you don't you will be turned away from the session.

## **Open Water**

Any open water activity is undertaken at your own risk even if organised via KTC social media channels. However, we offer the following safety guidance for open water swimming:

- Always arrange to go with someone else
- Tell someone on shore where you are going and when you will be back. They'll be able to call for help if you are overdue back
- Check weather and tides (if applicable), if in doubt, don't go
- Wear a brightly coloured swimming hat and take a tow float with you. These will help you to be seen in the water and a tow float can act as extra buoyancy if you need it
- Enter the water slowly and allow time for your body to get used to the cold. Never jump or dive straight in, as this could cause cold water shock
- Upon exiting the water, ensure you warm up quickly, dry off quickly, put warm clothes on and perhaps have a hot drink. Avoid having a hot shower immediately to avoid the after drop
- Stay within your depths
- If you get into trouble, fight your instinct to swim or panic. Relax and float on your back