

# OPEN WATER SWIMMING - LOCH ORE MEADOWS SWIMMER BRIEFING

## Introduction

Briefing to be given to all 'first time' swimmers at the organised swim training sessions at Lochore.

## Administration

- All swimmers to 'sign in' at reception desk. **First time swimmers to complete full details (address, tel no etc).**
- Pay reception staff. £2 - adult, £1 - junior. £1 (returnable) for locker key.
- First time swimmers to muster on balcony to receive this brief.
- Wetsuits for hire. Payment TBA

## Domestics

- Changing and showers in Male and Female changing rooms.
- Kit to lockers or leave in car (leave keys with reception).

## Swim & Safety

- Swimmers to wear 'bright' swim caps to assist safety staff. Caps available from reception.
- **Start at 1830 from beach - only when safety boat on water.** Max duration one hour
- Swim layout, buoys, anti-clockwise circuits, number of laps up to the swimmers ambitions. First time swimmers may stay in shallow end until acclimatised.
- Advice on navigation. Avoidance of other swimmers.
- If swimmer gets into difficulty (eg cramp) stop and stretch muscles, or swim to 'shallow end' or if requiring assistance to tread water and wave arms over head to attract attention of safety boat.
- Hazards from weeds and 'man-eating pike'
- **'Sign in' (tick off) sheet at reception on completion of swim!!**

## Weather

- **Normal** Arrangements as per this briefing.
- **Poor** Enhanced safety arrangements will be put in place and briefed to all participants prior to start of swim.
- **Bad** No swimming will be permitted.