

2020 OPEN WATER SWIMS

SAFETY BRIEFING

WELCOME TO THE SWIM

- This is a compulsory safety briefing
- All swimmers must have registered online for the swim and must also have read the safety briefing and familiarised themselves with the course
- All swimmers must be wearing and brightly coloured swim hat
- Wetsuits are recommended for this swim. Should you wish to swim without a wetsuit then you do so at your own risk. ***Swimming without a wetsuit is for experienced swimmers only ... and not because you have forgotten your wetsuit.***
- Whether using a wetsuit or not it is important to acclimatise yourself to the water temperature. We will give you 5 minutes for this from the conclusion of this briefing before starting the swim.
- We aim to provide a safe and fun environment for everyone to enjoy the freedom and challenge of open water swimming. Safety is the main objective of tonight`s swim. It is not a race.
- All swimmers should operate a buddy-care system towards their fellow swimmers. Please be respectful of other swimmers and mindful of slower or younger swimmers.
- We welcome younger swimmers though wish to point out that a responsible adult must be onsite at all times during the swim.
- The organisers, safety boat staff and kayakers word is final. If they tell you to do something, it is for your own safety, or that of others. You may not be aware of the rational of their instructions, so please don`t query it.
- If for any reason you experience difficulties while taking part in our swims, please follow these simple instructions.
 - Roll onto your back and raise a hand in the air. The buoyancy of your wetsuit will keep you afloat and you will be rescued immediately by one of our kayak safety crew or our fast rescue boat, and transferred to the shore.
 - Those swimming without wetsuits should tread water and wave both arms in the air.
- No swimmer should swim a distance they are uncomfortable with
- If you have an impediment or medical ailment that the safety staff should know of you must inform them prior to the swim start.

THE SWIM

- This swim will start in the water beyond the slipway. NOT from the slip itself.
- The slipway is gently sloping and may have seaweed etc on it. Please take care entering the water via the slipway; you do so at your own risk. Footwear is recommended.
- The swim will start on an air horn blast, so that both swimmers and rescue team are aware of the start.
- Rapid blasts of the air horn will be used to signal swimmers to stop swimming and return to shore if required.

THE WEATHER/TIDES/ WATER QUALITY- LOCAL Knowledge

- Our Kayakers will provide any local information required specifically for this swim.

FACILITIES

- No changing facilities currently available due to COVID-19
- Valuables should be secured by individuals

PHOTOGRAPHY

- Photographs may be taken each week for posting on the "Eddieskellyseaswim", "Ballyholme Yacht Club" and other Facebook pages. If this causes any problems, please speak to an organiser.