

## Rules, Terms & Conditions for Open Water Swimming

- ❑ The course will be 150m long x 50m wide and will be clearly marked by buoys.
- ❑ Swimmers must at all times navigate around the designated course to ensure that they are no more than 50m from the safety boat at any time.
- ❑ A ratio of one safety boat per 30 swimmers will be maintained up to a max of 80.
- ❑ There will be no swimming if the safety boat is not in position on the water.
- ❑ Swimming can only take place in Salford Quays on sessions scheduled Open Water Swim sessions or competitions.
- ❑ The watersports centre staff reserve the right at any time to refuse entry into the water of any swimmer who is deemed unfit to take part.
- ❑ There will be no swimming if the weather conditions are severe.
- ❑ Whilst extremely unlikely swimming will not be permitted if the water quality falls below the recommended EEC levels for bathing.
- ❑ Swimmers must wear brightly coloured swim caps other than black to enable identification.
- ❑ A dive is allowed from the pontoons, but no jumping in.
- ❑ At temperatures less than 11c no swimming will take place.
- ❑ At temperatures 14c and below wetsuits are mandatory
- ❑ Wet suits are mandatory for young swimmers aged 12-18 years regardless of water temperature and must fit correctly and be suitable for the purpose of swimming
- ❑ The minimum age is 12
- ❑ Anyone aged 12 – 16 years old must have an adult swimming with them.

I accept that the Salford Community Leisure can in no way be held responsible for any injury or loss however caused and that I/my child taking part, is fully aware of the risks involved and the degree of fitness required. I have read, agree and fully understand terms and conditions detailed above.