

Rules, Terms & Conditions for Open Water Swimming

- ❑ The course will be 100m 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 20 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 between the set times of 6.30pm – 8.30pm.
- ❑ 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.
- ❑ It is recommended that swimmers wear brightly coloured swim caps, to aid vision of swimmers.
- ❑ Swimmers must wear coloured swim caps other than black to enable identification.
- ❑ A dive is allowed from the pontoons, but no jumping in.

Additional rules applicable to triathletes

- ❑ Swimmers must be a member of a Triathlon Club and provide proof if requested.
- ❑ The minimum water temperature at which wetsuits are optional for adult swimmers is 14c.
- ❑ At temperatures less than 11c no swimming will take place.
- ❑ Wet suits are mandatory for young triathletes aged 12-18 years and must fit correctly and be suitable for the purpose of swimming.

Additional rules applicable to open water swimmers

- ❑ Minimum age is 12 years & all swimmers must be a member of the ASA and provide proof if requested.
- ❑ At temperatures below 14c no swimming will take place.
- ❑ For members of the ASA wetsuits are optional.

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.

I fully understand the terms & conditions of use for my appropriate discipline.