



# **ALLERTHORPE LAKELAND PARK**

## **OWS RULES AND REGULATIONS**

The following rules have been formed by ALP for the safety of all swimmers and staff. It is imperative therefore that you are familiar with these rules and the accompanying emergency action plan.

### **Pre-Swim:**

- › Swimmers must complete the O.W.S Registration Form
- › Swimmers must sign in and pay at reception before each swim
- › Swimmers must familiarise themselves with all documentation provided: Swim Rules, Emergency Procedure and Lake Zoning Map and any additional information provided.

### **The Lake:**

- › The minimum temperature for swimming is 11°C, below this there will be no swim access
- › There is strictly no entry to the lake before safety precautions are in place, the rescue launch operator will give the all clear when it is safe to enter the lake
- › Swimmers should enter and exit the lake using the designated transition point
- › Other exit points should only be used in the event of an emergency
- › Swim sessions will only operate while the water quality meets with the recommended EEC Levels For Bathing

### **Clothing & Equipment:**

- › Water Temp <14°C wetsuits are compulsory
- › Water Temp >15°C wetsuit are optional
- › Brightly coloured swim caps are mandatory to aid visibility and rescue launch operations

### **Junior Swimmers:**

- › Swimmers 17 years or younger should be accompanied on site
- › Swimmers 14 years or younger will have swim access starting at 15°C(Water Temp)
- › Accompanying adults will be responsible for associated minors on site

### **Safety:**

- › Any accidents or incidents must be reported to a member of staff
- › Swimmers should adhere to the course provided
- › Swimmers should refrain from shouting, whistling or waving except for emergencies
- › Where possible swimmers should swim in pairs
- › ALP reserves the right to refuse access to anyone they deem to be unfit to take part

### **Post-Swim:**

- › All swimmers must sign out after they exit the lake
- › Any borrowed equipment must be returned