

## Rules, Terms & Conditions for Open Water Swimming

- ❑ All swimmers must wear the appropriate band whilst in the water.
- ❑ Any advice and instructions given by the safety crew must be followed at all times.
- ❑ The courses will be clearly marked by buoys and are either 300m or 500m long. The course will be displayed at the entrance to the swim.
- ❑ Swimmers must at all times navigate around the designated course.
- ❑ A ratio of one safety boat per 30 swimmers will be maintained. It will become one out one in when the ratio is at maximum numbers.
- ❑ 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 scheduled Open Water Swim sessions or competitions. Swimming at any other time is unauthorised and against local bylaws.
- ❑ 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 or dark blue** to enable identification.
- ❑ There will be no swimming until the water has reached 10c. If the water falls below this, swimming will be allowed at the discretion of the centre manager and appropriate steps will be taken to ensure safety.
- ❑ At temperatures 14c and below wetsuits are mandatory
- ❑ The minimum age is 12. However younger swimmers may be allowed to swim at the discretion of the centre manager on a case by case basis,
- ❑ Anyone aged 12 – 16 years old must have a competent adult swimming with them. This will be relaxed by discretion of the centre manager on a case by case basis.
- ❑ You understand that open water swimming is a physical activity and are aware of the risks involved of swimming in open water and you will seek advice from your GP if you are unsure whether to take part.

All previous participants will need to re-register.

All swimmers will be required to register, please do this at least 7 days in advance

A Salford Community Leisure (SCL) swipe card is required. You will receive this when you attend for the first time. If you have attended previously then you should already have a swipe card. A replacement SCL swipe card costs £2.50.

### Coached Swim Sessions

This runs throughout the swim season. Places need to be pre-booked by phoning the centre or online. Should you cancel within 24hrs then the full cost will still be charged.

[salfordcommunityleisure.co.uk/sport](http://salfordcommunityleisure.co.uk/sport)