

Lenches Lakes Swimmer Responsibility and Registration document June 2020

Including and updated with Covid 19 risk mitigating measures – Please read slowly and thoroughly, your honesty is crucial whilst forging a way of living with Covid 19 . The questions may appear obvious however we must be sure you have read, understand and are taking our measures seriously to ensure the safety of ALL

Beware of the main symptoms of Coronavirus ;

- a high temperature – you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – coughing a lot for more than your norm (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

COVID Questions	Please underline
1 Are you displaying symptoms of Covid-19 ?	YES / NO
	IF YES PLEASE DO NOT COME TO VENUE
2 Have you come into contact with anyone displaying Covid-19 Symptoms ?	YES / NO
	IF YES PLEASE DO NOT ATTEND VENUE UNTIL COMPLETED MANDATORY SELF INSOLATION PERIOD
3 Have you seen a doctor recently regarding Covid-19 symptoms ?	YES/ NO
	IF YES PLEASE DO NOT ATTEND VENUE UNTIL COMPLETED MANDATORY SELF INSOLATION PERIOD
4 Do you agree to maintain Covid 19 distancing at all time s?	YES / NO
	IF NO PLEASE DO NOT COME TO SITE
5 Do you agree to maintain good hygiene prior to entry to the site and whilst on site ?	YES / NO
	IF NO PLEASE DO NOT COME TO SITE

Safety and Lifeguard Team

Taking guidelines from newly brought in measures from Resuscitation Council (UK) specific to mitigating risks of infection from Covid 19 the Safety team both land and water based are no longer able to administer rescue breaths on a casualty –

If CPR is required chest compressions and defibrillator will be used.

LENCHES LAKES HAVE A DEFIBRILATOR ON SITE

In the case of minor injuries safety staff will ask swimmers to administer First Aid to themselves whilst maintaining Covid 19 distancing.

All safety staff will wear full PPE (gloves, mask and apron) in instances that may deem social distancing is not adhered to ie when administering first aid

All swimmers to be aware of these significant changes in procedures –

Please acknowledge your awareness by signing here

_____ Date _____

All swimmers must pre book and pay for swim prior to coming to site

Car Parking –

Please follow signs to Car Parking field

Please park alongside a Covid-19 Parking Poss in field t – all are spaced with ample spacing allowing a minimum of 2 m spacing between vehicles

Drivers/spectators – to stay in car /car park respecting social distancing- no spectators on lakeside

Follow the one way system back to the main road-

- Please note when exiting the Car Park Field you will be join a track which is a public footpath – please drive cautiously at 5 mph being alert for dogs, walkers and oncoming vehicles

Changing – to be carried out by or in the car –

Please note Lenches Lakes staff unable to help zip up wetsuits .

All changing and shower facilities are closed.

Toilets – remain open . heavily used areas such as cubicles door and handles, flush panels , and toilet door are disinfected – regularly

Swimmers - all swimmers must wear a bright hat and gloves . Gloves worn to reduce risk of infection from holding onto Entry/Exit Rail

Non Wetsuit Swimmers must swim with a tow float

Wet suit swimmers encouraged to wear a tow float

Participating in open water swimming requires fitness and skill. Please confirm that you have done sufficient training to ensure that you are fit enough to cope with the demands of open water swimming and that your technical skills are adequate for the activity. You accept that taking part is by its nature hazardous and contains certain inherent risks and you accept that you owe a significant duty of care to Lenches Lakes and other swimmers to act responsibly and follow all safety instructions. This includes but is not limited to following the guidance set out on the Lenches Lakes Swimmers Information Boards

Safety Code, Conduct and Waiver Disclaimer

I have read, understood and accept Lenches Lakes Swimmers Responsibility and Registration Document and agree to abide by it. I agree to adhere to the rules of swimming at Lenches Lakes outlined on Information Boards and will only enter the water at times authorised by the Session Leader. I also accept that open water swimming involves an element of inherent risk including the potential for serious injury and property loss. I take part at my own risk and certify that I am physically fit and capable to do so and have no pre-existing medical conditions that would affect me swimming in open water.

I acknowledge that Lenches Lakes has relied on this statement (in its entirety) in accepting my participation in Lenches Lakes Open Water Swimming and that if I was unable or unwilling to agree to all the matters set out above in this statement of responsibility Lenches Lakes would not allow me to participate. All statements of fact are true.

Name

Address.....

.....

Date of Birth

Email Contact number.....

Do you have any medical conditions that Lenches Lakes Limited should be aware of?
If so, please give details

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If medication is left on lakeside Entry/Exit Point please ensure it is clearly labelled with your name, and what the medication is.

Do you have history of seizures?.....

If yes please ask to borrow a tow float and consider purchasing your own.

Emergency Contact Name /Next of kin –

.....

Contact Number.....

Parent / Guardian contact number for swimmers under 18 years of age

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Signature of under 18 years of age declaring they have read the above and will abide by procedures in place

_____ Date _____

Parent/guardian signature

Signed..... Date.....