

Lenches Lakes Swimmer Responsibility and Registration Document 2021

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

• If you were hospitalised due to Covid-19, you should undergo a form of health screening prior to taking part in open water swimming. This screening is best led by a doctor with specialist training in sports medicine. However other doctors may feel competent to make decisions on a swimmer’s fitness to compete and to decide any appropriate investigations that might be required.

• If they were not hospitalised due to Covid-19 but self-isolated having shown symptoms at any time, they are also recommended to undergo a form of screening.

- **If you have felt entirely well during the pandemic, you are not routinely recommended to undergo health screening, but it is something to be considered as part of your normal health monitoring for the health-conscious swimmer.**

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 – all are spaced with ample spacing allowing a minimum of 2 m spacing between vehicles

Drivers/spectators – Please respect current social distancing measures 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 car, in the car or lakeside –

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.

We ask swimmer to wear a barrier such as a glove to hold on to hand rail as they enter and exit the lake to reduce the risk of Covid Infection

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

.....
.....

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

.....

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.....

Pre/ Post Swim Information

ADVICE	REASON
Pre Swim	
Cover open wounds	To prevent microbial access to the body
Do not swim if feeling unwell	If the immune system is suppressed by illness you are more susceptible to infection
Advised not to swim wearing contact lenses	Risk in ANY water including tap water of Acanthamoeba Keratitis -
Post Swim Wash hands before eating or drinking (or use sterilising wipes/gels)	To reduce the risk of ingesting pathogenic microbes
Shower in fresh water at the earliest opportunity	To remove all microbes, many of which are able to survive on the skin surface for long periods
Rinse and wash all kit in fresh water before drying thoroughly – including wetsuit, goggles, swimming costume	To remove all microbes and potentially prevent toxin concentration in/on the item that can cause skin irritations and eye infections
Seek medical advice if you feel ill or develop symptoms including rashes	It can take up to 3 weeks for the symptoms of Weil's Disease to develop.

for up to 3 weeks following your swim

– highlighting that you have been
swimming in open water (and where)

Sharing information can help identify the
source and nature of the problem and the
most effective treatment. It can also help
identify problems with particular bodies of
water