



West Suffolk Wheelers

Cycling and Triathlon Club

Open Water Swimming Normal Operating Procedure

Larkwood Trout Fishery – West Stow IP28 6EZ

Venue	Larkwood Trout Fishery – West Stow IP28 6EZ
Activity	Open Water Swimming
NOP Version	1 Date 30/4/18

Context	<ul style="list-style-type: none">• Larkwood Trout Fishery is the West Suffolk Wheelers training facility for open water swimming in accordance with British Triathlon guidance and regulations
Water Quality	<ul style="list-style-type: none">• The water quality is tested annually (<i>details unavailable</i>)
Weather	<ul style="list-style-type: none">• OWS is generally operated within the months of April to September but we will make exceptions to these months where possible• The Chief overseer will make a decision on site if the weather conditions are questionable for safe open water swimming• Swimmers will not be permitted into the lake and evacuated from the lake when there is actual or threatened thunder & lightning
Water Temperature & Wetsuits	<ul style="list-style-type: none">• Water temperatures are monitored and displayed on the information board• In accordance with BTF regulations, the following will be observed Temperature / Range Below 11.5 C No swimming 11.5-16 C Wetsuits compulsory (Juniors to remain in wetsuits at all times) 16 C – 23 C Wetsuits Optional Over 23 C Swimmers advised of the risk of overheating in a wetsuit It is mandatory that all swimmers wear a brightly coloured swim cap
Access Entry and Exit	<p>Access to the water is clearly controlled by the Chief Overseer at the entrance to the lake.</p> <ul style="list-style-type: none">• All participants must complete and sign the standard disclaimer as found on the Wheelers' website.• All participants will be briefed prior to entry on water temperature, weather conditions, lake etiquette and emergency procedures.• Each participant will be issued with a numbered wrist band, on which their emergency contact details will be written in permanent marker.• The band number will be recorded next to the participant's name on the sign in register• Each participant must wear their allocated wrist band for the duration of their swim and will be used for identification purposes in case of an emergency.• Entry and exit from the water is via the metal steps as shown on the map (unless participant's condition/emergency dictates otherwise.)• On exit from the water, the wrist band will handed back to the Chief overseer who will then sign the participant off the register.• Participants returning each week will be issued the same numbered wrist band.
Safety Cover	<ul style="list-style-type: none">• All OWS at Larkwood will be operated with appropriate safety cover for the given session. Safety personnel receive on the water in-house guidance on how to best manage coverage of the designated activity area and emergency procedures• All regular OWS sessions will operate with a minimum of 2x members of staff/volunteers – this to include 1x bank / admin & 1x safety cover.• All safety/admin personnel will wear high vis jackets and have copies of the EAP



Site Overview