



## 2019 Ragley Hall Open Water Swimming Guide

2019 Official confirmation that you can dust off those wetsuits and jump into the soothing waters of Ragley Hall Lake

Starting: Tuesday 4<sup>th</sup> June 2019

Tuesdays 6-8pm.

2 lifeguards and long loop 750m approx

Due to the number of events happening at Ragley this summer, we are not able to offer the Sunday morning swim this year.

DATES CLOSED:- will be published at Lake House and on the Ragley Facebook page.

Cost is £6 per swim and £5 for Evesham Vale Triathlon Club Members.

We are proud to operate open water swimming at Ragley Hall in conjunction with [Great Swim Local](#). This innovative system not only improves our safety systems on site, but also enables you to get chip timing each time you swim.

Prior to swimming at Ragley Hall, all swimmers must register with Great Swim Local and select [Ragley Hall](#) as their home swim. Once you have registered you will receive a wristband which you will be required to wear every time you wish to swim at Ragley Hall. Previous year's wristbands are still valid for 2019.

Please note that we cannot issue wristbands at the lake, this must be done well in advance of your visit.

Please can all users follow these few basic rules:

- Entry through the FRONT gates and out via BACK gates - strict 20mph speed limit - much safer and no key code needed
- NO dogs allowed on the estate
- NO running around the field/road - a few people went 'off piste' last year causing major problems for the Club
- NO ball games, picnics etc. outside the Lake house fenced area. This venue is a family home after hours and we have to respect their wishes.
- Children (and adults!) are not allowed into the adventure playground.
- We must be off-site by 8.20pm latest.
- Please listen and obey any instructions you are given – it's for your own safety.

We must stick to these rules otherwise we would risk losing our cover – no cover = no swim sessions. We have just invested in a new thermometer and will write up the temperature on a whiteboard each session.

Changing rooms and toilets are in the Lodge.

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## IMPORTANT PLEASE READ BEFORE ATTENDING!

Evesham Vale Triathletes are very pleased to invite you again to this wonderful opportunity to use Ragley Hall's Lake for open water swimming.

Please follow road onto the estate, past the house on your right, turn left and park down behind the Lakeside Lodge on the left side, not on the grass by the lake.

For Novices you are able to exit the lake anywhere on the right hand bank if you wish.

Before taking part in an open water training session swimmers must:

- Lock valuables in your car, do not bring them into the boathouse as there are no lockers available.
- Ensure you are registered with Great Swim Local and have a wristband
- Sign in and pay to swim
- Make yourself aware of the open water swimming guide that you are provided with below.
- Provide the session leader with information about any medical issues and your experience of open water swimming.
- Swim within your own ability and when swimming in pairs/groups you must NOT leave your partner(s) side.

### Equipment

- Wetsuits – as we are insured by the British Triathlon Federation we have to abide by their rules regarding the wearing of wetsuits. That means NO swimming in temperatures lower than 11 degrees, wetsuits MUST be worn if the water is less than 14 degrees, over 14 degrees then it's up to you.
- Brightly uniformly coloured swim caps must be worn.
- Neoprene hats or extra swim caps may be recommended based on the water temperature.
- Fins are permitted and may help novice swimmers to gain confidence.

### Pre Swim

- Register with the Session Leader. If you have cuts cover with a waterproof plaster.
- Pay attention to any instructions given and the notices. The signal to end the session or to exit due emergency is an air horn. Please ask the EVT safety officer if you have any questions.
- Don't enter the water until instructed to do so.
- Swim with others in pairs or small groups.
- Novices/first time open water swimmers should make the session leader aware and await further instructions and advice.
- Only enter or exit the water at the designated points between the slip ways via grass and gravel not on the slip ways.

### During the Swim

- Remain within the boundaries and swim anticlockwise.
- Swim within your own abilities.
- Do not interfere with other swimmers (horseplay will not be tolerated).
- If you spot another swimming in trouble or requiring assistance raise the alarm, raise your arm and shout! (do not attempt a rescue)

### Post Swim

- Upon exiting the water immediately unregister with the safety officer.
- Shower and change at the earliest opportunity.
- Report any sudden illness post swim to a club official as soon as possible.