



## Fingal Triathlon Club

### Terms of Open Water Swim Sessions

- Participation in open water swimming sessions is restricted to full members of Fingal Tri / Triathlon Ireland (unless otherwise authorised by the training co-ordinator).
- All participants of open water swim sessions do so at their own risk. It is the individual responsibility of each participant to ensure that they are physically fit and competent to take part in open water swimming.
- Swimmers must only attend the session if they are medically fit to do so. Any injuries or medical conditions must be alerted to the coach or a committee member prior to commencement of the session.
- All open water swim sessions are preceded by a mandatory safety briefing. If you do not attend the safety briefing you will not be permitted to take part in the swim session.
- All swimmers will be counted in and out of each session. If you need to leave prior to the end of the session, you must inform the coach or a committee member before exiting the water.
- All swimmers must wear a wetsuit and brightly coloured swim cap.
- Swimmers must remain with their designated group if instructed to do so by the session coach.
- Swimmers are encouraged to bring a tow float or rescue buoy to the sessions.
- If you get into difficulty in the water, roll onto your back, raise your arm in the air to attract attention and wait for help. When help arrives, listen to the instructions being given and try to remain calm.
- Sessions will not take place in waters which have been designated unsafe however, it is strongly recommended that you do not ingest sea water and that you thoroughly wash your hands and shower after each session.
- Safety is paramount and it is entirely at the coach's discretion to shorten or cancel open water swim session in the event of adverse or unsafe weather conditions (temperature, high winds, thunderstorms etc).
- All of our open water swimming venues are in a natural environment and as such will contain sea creatures such as jellyfish, seals and dolphins (if you're lucky). Please be aware of this and respect the environment and its inhabitants.
- All participants are responsible for their own personal effects and belongings while taking part in club training sessions. Fingal Triathlon Club accepts no responsibility for loss or damage to personal property during any club training sessions.
- Rules applicable to the participation of juniors in club training sessions apply equally to open water swimming sessions.
- Further rules relating to participation in Fingal Triathlon Club training sessions are contained in the club Constitution.