**OxfordTri - 2025**

**Swim Safety Briefing**

Welcome to the lake. We hope you have a great swim. Please be aware of the following information and a few rules to keep you and your fellow swimmers safe in the water.

1. We have checked the weather forecast and assessed that the session can go ahead, however in the event of sudden high winds or rain, athletes must listen out for the airhorn suspending the session. If lightning is seen, or thunder is close by, the air horn will be sounded, and swimmers should exit the water promptly and safely at the nearest point.
2. We have assessed other hazards at the lake (communicate what these hazards are and what to do about them e.g. don’t swim into swans with cygnets or look out for boats)
3. The lake temperate is……and the available loops are………..
4. Assuming the water temperature is above 14 degrees and below 24.6 wetsuits are optional (If the water temperature is outside these limits, please refer to this document for additional guidance under **General** note 2).
5. Tow floats are mandatory
6. Bright hats are mandatory
7. You must be a member and have signed up on the website for OxfordTri or on Spond for members of Wallingford Triathlon Club (When they are swimming with us, Wednesday only)
8. You must have signed in with your full name on the blackboard/whiteboard, selected a **Red band for OxfordTri** and **Blue band for Wallingford** and recorded the band number next to your name.
9. Explain the swim course available on the day, the course available will be dependent on the number of on water Lake Safety Officers, the weather, lake conditions and the decision of the Lake Safety Officers.
10. If you have a medical condition, or an injury that may impact you while swimming please talk to us after the briefing (note condition and what medication you need to keep available, along with their name and their wristband number)
11. Please be considerate of others, try not to swim over or into people causing distress, if you see a swimmer holding their float please check they are ok before swimming on. If they need assistance, attract the Lake Safety Officer’s attention with a whistle, shout and wave. Assist the swimmer if you feel that you are able, though please do not put yourself in danger, especially if the swimmer is panicking as they may grab you, so please keep a safe distance.
12. Ask if there are any qualified First Aiders or rescue trained swimmers today, who may be able to assist in the event of an emergency?
13. In the event of an emergency the Lake Safety Officers will sound an air horn or repeatedly whistle to indicate there is an emergency. If you hear the air horn sounding, please assess if you can help with the situation before returning to the shore.
14. Access to the water is via the beach area in front of the pavilion, do not use the slipway to get in or out of the water as it is very slippery.
15. Please sign out by removing your name from the sign in-board being used and return your wristband before leaving the lake.
16. If the swimmer is new to open water swimming, and/or new to swimming with OxfordTri at Queenford Lake then they need to be buddied up with an experienced swimmer, for a lap, or part of, to evaluate their competence. If the buddy considers them competent then they can continue swimming on their own.
17. Ask if anyone has any additional questions or need clarity on any points.

N.B. If swimmers arrive late, after the briefing has taken place, they must report to the land-based Lake Safety Officer to confirm they are signed up on our website for the session or via Spond if it is a Wallingford member. The land-based Lake Safety Officer will deliver the Safety Briefing to ensure they are aware of key information.