

Lake Rules & Conditions



Please take time to read the following to ensure you are aware of how Open Water Swimming at South Cerney Outdoor is operated to ensure you have a safe and enjoyable swim with us.

Registration & Admission

- All swimmers must report to reception on arrival to register and pay.
- First time swimmers with us must complete a personal details/health questionnaire and indemnity form (PARQ). These are available for download from our website to complete in advance of your arrival to speed up entry.
- Swim sessions will start and finish at the allotted time and last entry into the water is 30 minutes before the closing time.
- The minimum age is 14 years
- Anyone aged 14 – 16 years old must have a competent adult swimming with them.
- Swimmers must wear the admission band issued by reception before entering and whilst in the water.
- South Cerney Outdoor staff reserve the right at any time to refuse entry into the water of any swimmer who is deemed unfit to take part.

Inexperienced Open Water Swimmers

- Swim with a buddy if possible. Please also swim responsibly and know your limits. Stick to the shorter loop if you have any doubts.
- Swimmers must be able to swim double the minimum circuit distance in a pool environment i.e. 200 metres.

Course

- The course will be clearly marked by buoys and are either 200m or 400m long.
- Swimmers must at all times navigate around the designated course in a clockwise direction.
- Swimmers must stick to the swim courses set out by coloured buoys.
- The Swim Course Maps are available for download from www.southcerneyoutdoor.co.uk/swimming

Safety

- Any advice and instructions given by the safety staff must be followed at all times.
- Full safety cover is provided by safety paddleboards and a power boat.
- A ratio of one lifeguard per 30 swimmers will be maintained.
- There will be no swimming if the lifeguards are not in position on the water.
- Swimming can only take place in Lake 12 on scheduled Open Water Swim sessions.
- If a lifeguard asks you to leave the water at any time, please do so immediately by the nearest safe route. This may be for your own, or others safety.

- If, at any time, you hear a loud hooter being sounded you must immediately leave the water at the nearest exit point. You should stay on land and make your way back to the beach area to await further instructions.
- Raise your arm for attention if you cannot make it back to land.
- If you sight anyone in trouble you must alert a member of staff as quickly as possible.

Your Health

- Cover all cuts and abrasions, however minor, with sticking plasters. Do not swim if you have deep cuts.
- Wash hands in fresh water after you have swum and before eating and take a full shower at the earliest opportunity.
- In the unlikely event that you develop any flu-like symptoms after swimming with an open cut/wound please tell your doctor that you have been swimming in open water.
- Lake 12 is monitored by the environment agency for water quality and is deemed to be very high. Whilst extremely unlikely swimming will not be permitted if the water quality falls below the recommended EEC levels for bathing.
- You understand that open water swimming is a physical activity and are aware of the risks involved of swimming in open water and you will seek advice from your GP if you are unsure whether to take part.

Weather

- Swim sessions will be cancelled if the weather conditions are severe such as low visibility, high wind, and storms. Updates on weather conditions will be posted on our Facebook page.
- Swimmers must wear brightly coloured swim caps (yellow, orange, pink, white) to enable identification. Swim hats are available for purchase from reception and admission will not be permitted if a brightly coloured swim hat is not worn.
- At temperatures less than 12°C no swimming will take place.

Wetsuits

- Wetsuits must be worn with lake temperatures between 12°C and 16°C.
- Wetsuits are optional for adults above this level.
- We do not recommend the use of wet suits in the event that water temperature rises above 23°C
- Wet suits are mandatory for young swimmers aged 14-18 years regardless of water temperature and must fit correctly and be suitable for the purpose of swimming