

Lake Rules & Conditions



Please take time to read the following to ensure you are aware of how Open Water Swimming at Lake 12 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 check-in.
- First time swimmers with us must complete a health questionnaire and indemnity form (PARQ). There is a link on the swimming page of 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 for swimming at Lake 12 is 16 years.
- Swimmers must wear the admission band issued by reception before entering and whilst in the water.
- The Real Outdoor Xperience 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.
- Swimmers must be able to swim double the minimum circuit distance in a pool environment i.e. 400 metres.

Course

- The 200m course will be clearly marked by buoys.
- Swimmers must navigate around the designated course in an anti-clockwise direction.
- Swimmers must stick to the swim courses set out by coloured buoys.

Safety

- Any advice and instructions given by the staff must be followed at all times.
- There will be no swimming if the safety staff are not in position.
- Swimming can only take place in Lake 12 on scheduled Open Water Swim sessions.
- If a member of staff 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 whistle being sounded you must immediately leave the water at the nearest exit point. You should stay on land and await instructions.
- Float on your back and 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 hats (yellow, orange, pink, white) and a tow float 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.

Cold Water

- Cold water immersion carries significant additional risks. It is recommended that all swimmers new to open and cold water swimming attend an Introduction to Cold Water Swimming session before their first open swim.
- Ensure you read the How to Have a Happy and Safe Swim in Cold Water poster before swimming for the first time.
- Wetsuits are recommended for lake temperatures between 12° C and 16° C.
- We do not recommend the use of wet suits in the event that water temperature rises above 23o C
- Wet suits are recommended for young swimmers aged 16-18 years regardless of water temperature and must fit correctly and be suitable for the purpose of swimming.