Club Rules and Safety information

Members must comply with Royal Parks rules, regulations and other requirements as may be in force. These can be viewed on Parks Notice Boards and the Royal Parks website. A hard copy of the "The Royal Parks and Other Open Spaces Regulations 1997" is held by the club.

Diving

- Only shallow racing dives allowed from the jetty.
- No running dives.
- No backward dives.
- No dives without hands in front of head.

Pets

- No domestic pets in the water or in the changing room.
- Domestic pets should be on lead and tied up when outside.

Weather

- No swimming if there is any likelihood of lightning.
- Absolutely no swimming under the ice.
- Absolutely no walking on the ice.

Hazards

- No swimming under the influence of alcohol or illegal drugs.
- Glassware, or any other such breakable items, must not be brought into the swimming area.
- Swim within the restricted areas.
- Solo swimming is not permitted. At least one other club member must be present.

Minors

The following rules regarding supervision and safety are enforced to ensure compliance with our policy and the welfare of our young members:

- Children under the age of 16 must change outside of the Club. They should arrive ‘beach ready’ or may use the public facilities with adult supervision.
- Members aged 16 or 17 may change in the WC at the entrance to the changing room but must not enter the main changing room area at any time.
- A parent or guardian is required to sign the application form and authorise renewals on behalf of

any member under the age of 18. Under 18 swimmers remain the responsibility of the authorising parent or guardian.

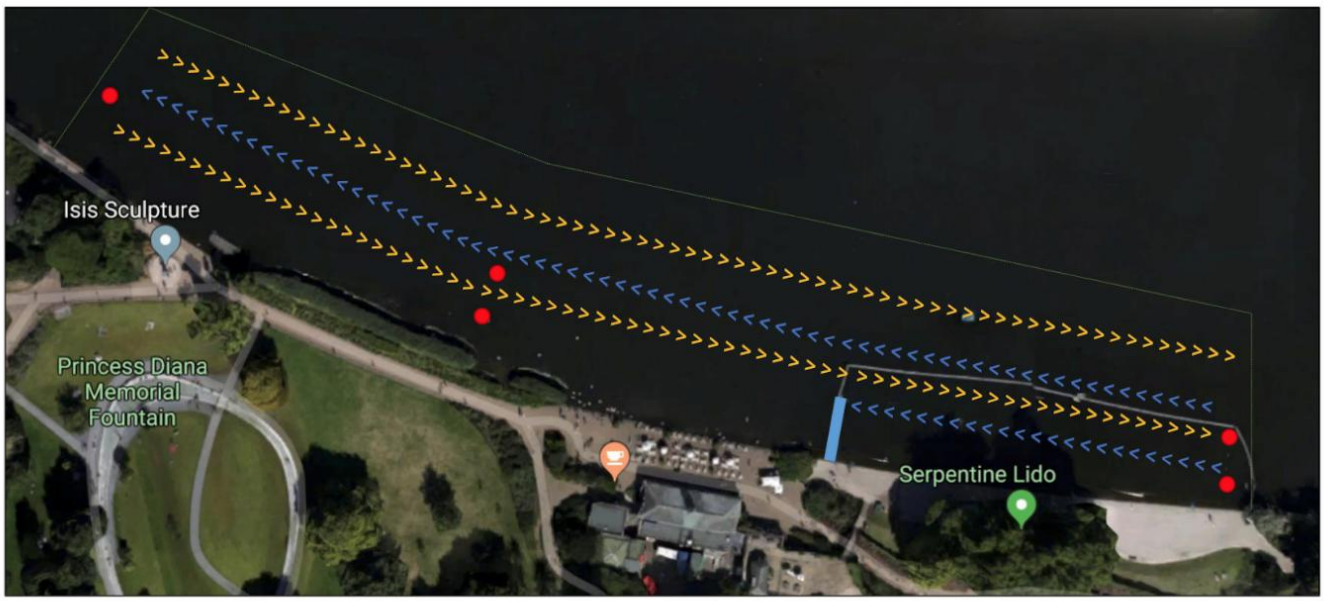
Supervision ratios:

- Children aged below 7 must not enter the water at any time.
- Children aged 7-10 must be supervised individually in the water by an adult.
- All swimmers over the age of 11 must be able to complete the 50 meter swimming test unaided, as required for all new members.
- Swimmers aged 11-17 must be accompanied by an adult responsible for their supervision, in a ratio of a maximum of three children to one adult.
- Children may be allowed to participate in club races at the discretion of the Handicapper, subject to the need for an appropriate level of adult supervision.

Swimming

- Members swim at their own risk (see declarations on Application form).
- Swimming is permitted between 5am and 9.30am every day of the year, subject to any Royal Park restrictions. Note, special restrictions will apply on Christmas Day.
- If used, wetsuits MUST be removed outside of the changing room (as there is no drainage in the changing room).
- The water can get very cold (freezing) in the cooler months, be aware that swimming for too long leads to dangerous levels of hypothermia.
- Swimmers must not swim if they have open wounds.
- Please be aware of others when swimming so as to avoid collision with other swimmers, boats or wildlife.
- Please follow directional (clockwise) swimming as indicated in the illustration below.

SWIMMING AREA (with Directional flow)



Changing room

- Please turn off the lights and lock the door if you are the last person swimming.

Races

- Races are held every Saturday morning – please consult the fixture list for race details and logistical arrangements.
- Wetsuits are not permitted in club races .
- Race cups given to winners of a Club race remain the property of the Club and should be kept safe and in good condition before being returned to the Club Secretary within the year in good time for the next occasion of that race.
- Club races may be filmed and photographs taken which capture your participation in the race. You agree to the Club's publication of photographs and broadcasts of your image in the context of a race report on the Club's website.

Permitted swim area 05.00 – 09.30 am for SSC members

