

SWIM SAFETY GUIDE

We have put together some suggestions on how to ensure you are safe during your swim challenge. This isn't an exhaustive list but it is designed to get you thinking about your safety whilst swimming and includes some useful tips on how to stay safe.

HEALTH AND FITNESS

Make sure you are physically fit enough to complete the challenge in the timescale set. If you haven't exercised at this level or in this way recently, we advise you to get a medical check-up and ask a doctor if this challenge is suitable for you.

Make sure you are physically well and healthy. Do not attempt any challenge if you are unwell or injured.

EQUIPMENT

You must perform a check of all your equipment before you start to ensure it is all in good working order. This includes your clothing/wetsuit, accessories, goggles, earplugs, swim hat etc. Plan where you will safely store your clothing and equipment while you swim. Consider a suitable tow float for visibility or to carry essentials or medication/phone with you.

CLOTHING

Ensure you are wearing appropriate clothing for the activity, location and the conditions. Think about clothing for before, during and after your swim. Consider visibility - can you be easily seen from a distance?

Make sure you are prepared for the weather and temperature at the time of your challenge activity and for the forecast for the duration of your swim session.

NUTRITION

Ensure that you have enough supplies for good hydration and nutrition for your planned swim session and you are well hydrated before you start. Make sure you have access to a hot drink for after your swim.

FIRST AID

Have a plan in case you require any emergency first aid during your challenge activity. Carry some first aid supplies and have a basic knowledge of first aid for common swimming injuries. Ensure you have identification on you and ICE/next of kin emergency contacts that are accessible to others if you are unable to provide these details yourself - make sure your phone's emergency contact settings are up to date. Consider a tracking app so someone can track your location. If you are swimming in cold water make sure you have a good knowledge of the signs and symptoms of cold water shock, cold water incapacitation, after drop and hypothermia and an understanding of treatment. Have a plan of action in case you suffer from these or any other injuries/illness during or after your swim. If swimming in sunny conditions consider if your goggles are suitable and consider sun protection.

INFORM

Never swim alone - have a swim buddy or spotter. Always make sure that someone knows that you are swimming and all the details such as when, where, how long for and what to do in case of emergency or you not returning when expected.

AWARENESS

For every swim assess the conditions and location – is it safe to swim here now for your planned activity? If you are in any doubt do not swim. Consider the weather, temperature, current, wind, other users, light, depth, water quality, obstructions etc. Make sure you are fully aware and understand any rules, laws or regulations for the venue/location of your activity. Eg if you plan to swim in a lake make sure you have permission.

RECORDING

Make sure that you have a plan of how to record your session details for your challenge and test that this method works before you begin.

STAY ALERT

Make sure you are fully attentive to your activity at all times and adapt according to any unexpected changes in your health, weather, location etc.

RECOVERY

Make sure you recover safely with rest, nutrition, hydration and treatment as needed.

Enjoy your challenge!!