

Belpark Triathlon Club

Open Water Safety Guide

Organisation		
	Time	Liaise with committee
	Venue	Only committee approved venues
	Communication	Post plan on the forum
	Planned Session	Liaise with committee to agree session plan
	Tide	Check tides: sailing.ie/tides/Dublin/
Preparation		
	Weather	Check forecasts regularly; know what to expect. Sea Area and general forecast: Met.ie. Localised forecasts YR Weather and Windguru. Live weather updates Dublin Bay Buoy on twitter. Look out the window.
	Water Quality	Check water quality updates for proposed swim location, particularly after heavy rain. Splash.epa.ie
On Site Preparation		
	Entry / Exit points	Check for debris and slippy sea weed. Look at swell and water movement. Is this the safest spot to get in?
	Weather	Is the forecast accurate? Is the current weather ahead or behind the forecast? Anything of note - dark or fast moving clouds, dark water/squalls near by.
	Swell	Look at waves - do they effect entry / exit. Will they effect group visibility, will they effect nervous swimmers.
	Traffic	Is there notable boat traffic is the planned swimming area? Are there boats getting ready to move from shore near by?

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Jellyfish	Check for visible jelly fish, ask other swimmers present. If present identify if they are dangerous. Identify anyone in the group who may have a reaction or who has never been stung before.
Group Briefing	
Sign - In	Every participant must sign in before entering the water
Plan	Communicate the plan to EVERYBODY
Feed back	Encourage feedback. Understand the ability of all group members. Identify nervous or weak swimmers. Be aware of anyone who intends to do shorter or longer sessions than the prescribed plan. Revise the group plan if needs be.
Head Count	Before getting in the water know the number of members in the group.
Buddy System	Ensure everyone has a buddy. Explain the system clearly.
In - Session	
Regular head counts	At every opportunity. Is everyone in the group present?
Welfare	Check in with nervous swimmers. Has anyone changed their minds as to how much of the swim they intend to do. No one returns to shore alone.
Weather	Be aware of changeable conditions while in the water. Look out for dark or fast moving clouds. Look out for squalls or rain showers that may effect waves or visibility.
Buddy System in operation	Ensure no one returns to shore alone. Encourage regular communication between buddies.

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After Session	
Head Count	Head count as swimmers exit the water.
Sign - Out	Every participant must sign out after exiting the water
Feed back	Encourage feedback after the session. Note any specific feedback to the committee