

## Henleaze Swimming Club Information for Guests 2024

Welcome to Henleaze Lake. We really hope that you enjoy your visit to this special place. Please take time to read this information. If you have any queries, staff will be happy to help.

### About the Lake

- Henleaze Lake is a disused quarry. The sides of the lake are steeply shelved, sharp, jagged and irregular. It is not possible to stand on the bottom of the lake at any point.
- The water is likely to be colder than you are used to.
- Visibility in the water is poor.
- Access to the water is by steps located around the edge of the swimming area.
- The grounds of the Lake are semi-wild. Please bear this in mind when visiting and take appropriate precautions. For example, consider the ground conditions – grass, paths, paving or tarmac which can be uneven and will vary depending on the weather.

### Water safety

- Do not swim immediately after eating a meal or consuming alcohol.
- You should not swim if you feel unwell or are recovering from an illness. Do not stay in the water if you begin to feel cold, experience cramp or are tired.
- Lifesaving equipment is positioned at various points throughout the Lake.
- Non-swimming juniors are not admitted. Swimmers should be able to swim at least 50m in lake conditions. Junior guests must pass a 50 metre swimming test on their first visit to the Club each year.
- Guests must be always supervised by an adult member of the Club.
- Swimmers must not go beyond the swimming limit.
- Diving and jumping are not permitted anywhere apart from at the diving boards and the pontoon.
- If not jumping or diving from the boards or pontoon, always enter the Lake by the steps.
- Running is not permitted on the boards, on the pontoon or around the lake side.
- When diving or jumping from the boards or pontoon beware of other swimmers.
- Do not swim under the diving boards while they are in use.
- Do not swim under, to the sides or rear of the pontoon. Do not rock the pontoon.
- Members and their guests are required to cooperate with the lifeguards at all times.
- If you dive deeply, you may touch the bottom. Please take care.

### Water quality

- Algae and pollen in the water may cause minor allergic reaction to skin, eyes and nose to some. We will post warning notices if blue-green algae levels are above advisory levels.
- The water is regularly tested by the Environment Agency. Bacterial counts may increase after exceptional rainstorms. We shall inform you if we know of any concerns about water quality.
- Do not swim if you have an open wound or broken skin.
- Please keep suntan protection use to a minimum before you swim and please use eco-friendly lotion.
- If you develop flu like symptoms within a few days of swimming in the Lake, seek medical advice and inform the doctor that you have been swimming in open water.

Thank you for reading this information leaflet. We hope that you will enjoy your visit to the Lake.

Josie Evans  
General Manager  
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