

HENLEAZE SWIMMING CLUB

Information and Health & Safety Leaflet for Members and their Guests

Please read and retain for future Reference

www.henleazeswimmingclub.org

1. SITE DETAILS

Henleaze Lake is owned and operated by Henleaze Swimming Club which was founded in 1919. Henleaze Lake is a former quarry and the Lake profile is exceptionally steep. The depth of water varies between three and five metres, depending on local rainfall and the level of the local water table.

The Lake is separated into two sections:

- i. The swimming area – with diving facilities including a one metre springboard, a three metre springboard, a diving tower with platforms at 5m, 7.5m and a pontoon. (See diagram of Lake on Notice Boards). NB The swimming area varies at different times of the summer season and is delineated by the swimming limit sign on either side of the Lake. Please do not swim beyond the swimming limit signs.
- ii. Fishing area – beyond the swimming limit signs.

The Lake is surrounded by lawns adjacent to the swimming area, with the fishing sections surrounded by the steep rock faces of the original quarry. We have changing rooms, toilets, sauna and two warm showers – one for men and one for women. There is a Club room for use by members, with limited kitchen facilities. Members are reminded that the superintendents' hut is the superintendents' work area and members may only enter for Club business. The facilities of the superintendents' hut are for the use of the staff only.

The Lake water temperature can vary between 50°F / 10°C at the start of the season (end April, early May), often rising in mid-summer to 70°F / 21°C and falling to 60°F / 15°C by the season's end (usually last weekend in September).

2. MEMBERSHIP

Current membership is approximately 2,200-2,300 with a waiting list of potential new members. An essential qualification for membership is the passing of the swimming test (swimming costume only; no wet suit) of approximately 50 metres in Henleaze Lake.

Junior members under the age of 13 years will not be admitted to the Lake unless accompanied at all times by an adult who shall be responsible for his or her safety and conduct. Non-swimming juniors cannot be brought to the Lake except for designated family events.

3. GUESTS

Senior members are entitled to bring guests to the Lake on payment of a fee. Both member and guest must sign the Members' Guests Record Sheet. Payment is by cheque (or P.O.) or card only, **cash is not handled at the Lake**.

Every guest must be accompanied by the introducing member and shall conform to the Rules and By-laws and Health & Safety guidance of the Club. Members will be held responsible for the conduct and safety of their guests. Generally, a maximum of 2 guests per member is permitted. Guests must be accompanied by the introducing senior member at all times.

Junior guests under 18 years are required to take a 50 metre test in the Lake on arrival at their first visit of every new year. This is a safety precaution as The Lake is

vastly different from an indoor pool. You should only request admission for a junior guest who is willing and able to take the test on arrival at the Lake. We will record successful swimming tests so that regular junior guests will only have to take the test once in any one year.

4. EMERGENCIES

In the event of an emergency:

- Sound the alarm
- Summon help
- Act quickly



Safety equipment is placed around the Lake and should be used without delay. A fixed telephone is situated in the superintendents' office.

5. HEALTH & SAFETY

(i) General

The sides of the Lake are steeply shelving, sharp, jagged and irregular and it is not possible to stand on the Lake's bottom at any point.

Lake superintendents are either lifeguard or lifesaving trained. Superintendents can be identified by Club coloured blue shirts and badge. The number of superintendents supervising the Lake side will vary depending on the number of people who are swimming but there will always be at least one superintendent while you are swimming. Members and their guests are required to cooperate with the superintendents at all times without question.

Hazard and safety information boards and safety equipment are provided at various points throughout the Lake. The notice boards should be checked regularly for any new information, requests or details of the Club's activities.

(ii) Swimming safety

Access by swimmers to the Lake water is by a series of steps, diving platform, diving boards and pontoon – jumping and diving from the Lake's edge is not permitted.

Please observe the following guidelines:

- a) Be aware of all fellow swimmers. Raise the alarm immediately if anyone appears to be in difficulty.
- b) At all times be sure you can comfortably reach the nearest exit point.
- c) The water in the Lake is deep and may be cold or very cold. This is especially true at the beginning and end of the season. Cold water can immediately impair the ability of even competent swimmers.
- d) Do not stay in the water if you begin to feel cold, are experiencing cramp, or are fatigued.
- e) Do not swim immediately after eating a meal or having consumed alcohol.
- f) You should not swim if feeling unwell or recovering from an illness.
- g) Swim considerately. Swimmers should expect to need to look around frequently to prevent collision with other swimmers or Lake edges etc. Please note water clarity is poor.

(iii) Diving and jumping safety

Diving and jumping is only allowed in three locations, namely from:

- the diving tower
- the springboards
- the pontoon



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If the water level drops below the limit deemed safe for diving and jumping, any or all of the above three locations will be barred from use.

Anyone suffering from ear trouble or catarrh should seek advice from his/her doctor before diving or jumping.

Finally:-

- a) Check that the water is clear before diving or jumping.
- b) Only dive or jump one at a time from the designated locations.
- c) Running on the diving platforms and starting board is not allowed.
- d) The boards are for diving and jumping only. Do not use them for playing (in particular 'horse-play'), running jumping, sunbathing or loitering of any kind.
- e) Know your capabilities and do not take risks.
- f) Remember, if you dive/jump deep, you may touch the bottom.
- g) Remember the boards will be slippery when they are wet

(iv) Health Advice

a) Water samples are checked throughout the swimming season by the Environment Agency. There are always coliform organisms of faecal origin (birds, foxes etc.) present in open water and the counts vary with the weather and may increase after extreme rain storms. Caution should be exercised by anyone known medically to have a compromised immune system (or on immunosuppressive treatment) - **such a person should not swim in open water.**

b) Do not swim if you have a wound or broken skin. This is to reduce to a minimum the chance of anyone contracting Weils disease, an infection of the blood which can be contracted from swimming in water contaminated with rats' urine. The portal of entry to the body is usually through broken skin, but could be through the mouth or nose. Green boxes around the Lake are baited traps maintained by a pest control company. Our advice is:

- If you sustain a wound/graze while swimming at the Lake, contact your doctor's surgery to obtain advice.
- If you develop a flu-like illness within a few days of swimming in the Lake, seek medical advice and inform your doctor you have been swimming in open water.

c) A few people seem to develop skin, nose, ear and eye irritations, possibly associated with algae which are always found in fresh water and/or pollen from the surrounding trees. If we have levels of blue green algae above advisory levels we will post warning notices at the Lake.

d) We shall inform you of any water quality issues, or if there were to be an outbreak of illness amongst members.

(v) Safeguarding Children

Henleaze Swimming Club adopts appropriate Child Protection Procedures. Should any member have a concern related to Child Protection, please speak with any Committee Member or the Lake Manager who will put you in touch with the Club's officers with special responsibility. Should your concern be urgent, please speak with a superintendent.

6. MEMBERS AND GUESTS RESPONSIBILITIES

The Club takes steps to maintain the safety of its members and their guests, but cannot guarantee their safety. So far as permissible by law, Henleaze Swimming Club accepts no responsibility for any accident, loss of property or injury to their Members or their guests. Members and guests bathe at their own risk and are required to sign a disclaimer to that effect.

Children under the age of 13 years must be directly supervised at all times by their parents or the adult responsible for them.

7. PARKING

We have limited car parking. Cycle racks are provided. The drive and car park are shared by all users. Please drive at walking pace. If you park outside the Lake please show consideration to our neighbours, park legally and ensure your parking would not obstruct emergency vehicles from driving along nearby roads.

8. BY-LAWS

1. Members and their guests shall comply with instructions from Club Officials and members of the Executive Committee.
2. Access along the bank beyond the swimming limit is not permitted, except as authorised by a Club officer.
3. No swimming beyond the swimming limit, as indicated on both banks or otherwise as advertised.
4. Entrance to the water shall only be from the diving boards (when open), the pontoon, and the various steps; entrance from any other point is not permitted.
5. Climbing of rocks around the Club property is not permitted.
6. Dogs are not permitted onto the Club property.
7. The emergency apparatus, including the boat, and other Club equipment shall be used solely as intended and for no other purpose.
8. Swimmers must be out of the water 20 minutes before closing time.
9. Musical instruments, radios, or similar device are not permitted on the Club property. Please be considerate of others if using mobile phones at the Club – not be used on the lawns but in the car park area only..
10. Lilos or other inflatable apparatus, snorkels, and flippers are not allowed in the water
11. No ball games are permitted in the water or on the banks, except water-polo games organised by the Club.
12. It is forbidden to engage in horseplay or other rowdy behaviour, including 'bombing', which is likely to endanger or cause annoyance.
13. The changing rooms provided must be used for changing into and from swimming attire.
14. Cooking of food on the Club property is not allowed, except at organised Club events and then as directed by Club officers.
15. Alcoholic drinks are not permitted on the Club property, excepting at organised Club events and then as directed by Club officers

9. FURTHER INFORMATION

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All matters concerning Club business should be addressed to:

**The Honorary Secretary
Henleaze Swimming Club
P.O. Box 140
Westbury-on-Trym
Bristol BS10 6YD**



New membership enquiries may only be made during opening times to a superintendent on duty at the Lake. Membership numbers are limited for Health & Safety and operational reasons, and a waiting list system is operated.

We are unable to enter into personal correspondence. If you require further information please visit the Lake from May to September between 11am and 6pm and speak to a superintendent or contact us via our website Henleazeswimmingclub.org.

24th November 2018