

# Henleaze Swimming Club

## Information for Guests

Welcome to Henleaze Lake. We hope that you will enjoy your visit.

Please take time to read these information notes. If you have any queries, your host or a superintendent should be able to answer them.

A copy of the full Information and Health and Safety leaflet is displayed in each changing room. Copies can be obtained from the superintendents.

### About the Lake

- Henleaze Lake is a disused quarry. The sides of the lake are steeply shelving, sharp, jagged and irregular. It is not possible to stand on the Lake's bottom at any point.
- The water is liable to be colder than you are used to.
- Visibility in the water is poor.
- Access to the water is by steps placed around the edge of the swimming area.
- The grounds of the Lake are semi-wild. Please bear this in mind when visiting the Lake 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 feeling unwell or recovering from an illness. Do not stay in the water if you begin to feel cold, experience cramp or are fatigued.
- Hazard and safety information boards and safety equipment are provided 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.*
- Guests must be supervised by a senior member of the Club at all times.
- Swimmers must not go beyond the swimming limit.
- Diving and jumping are not permitted apart from at the diving boards and the pontoon. Never enter the Lake from the edges other than 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 superintendents at all times

**If you dive deeply you may touch the bottom. Take care.**

### Water quality

- Algae and pollen in the water may cause minor allergic reaction to skin, eyes and nose in some people. 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 rain storms. 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 lotion use to a minimum
- 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.

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