

# **HENLEAZE SWIMMING CLUB**

## **Information and Health & Safety Leaflet for Members and their Guests**

**Please read and retain for future Reference**

**[www.henleazeswimmingclub.org](http://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 swimming area – with diving facilities including a 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.

The Lake is surrounded by lawns adjacent to the swimming area, surrounded by the steep rock faces of the original quarry. We have female, male and gender neutral changing facilities, toilets, three showers and a sauna. 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). A decision is made in September as to whether we can continue to open during October.

### **2. MEMBERSHIP**

Membership numbers are limited for Health & Safety and operational reasons, and a waiting list system is operated.

Current membership is approximately 4000 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.

### **3. GUESTS**

Adult members and community access are entitled to bring guests to the Lake on payment of the relevant guest fee by. All guests must be booked in advance, payment to be made by debit card, we do not accept cash. Guest spaces for community access may be limited.

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. Guests to read the guest information sheet available on arrival and on the website.

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. Any junior guest who does not pass the swim test will not be able to remain on site.

### **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 have an NPLQ or Open Water Lifesaving qualification. Superintendents can be identified by Club through their blue uniform and high visibility jacket. Members and their guests are required to cooperate with the superintendents at all times without question.

Safety equipment is provided at various points throughout the Lake.

#### **(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) Do not swim if you are under the influence of drugs.
- g) You should not swim if feeling unwell or recovering from an illness.
- h) 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 stage.
- the springboard.
- 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) If you do not dive off and need to descend the steps, please do so facing the steps and holding onto the handrails.
- e) 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.
- f) Know your capabilities and do not take risks.
- g) Remember, if you dive/jump deep, you may touch the bottom.
- h) 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 rainstorms. 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 and advise members via email and through the website.

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 or user have a concern related to Child Protection, please speak with any member of staff or refer to the Safeguarding notices on the notice boards for details of the Club's safeguarding officers.

### 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.

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 for those with mobility issues only - please phone and book a space. Cycle racks are provided. Please drive at walking pace. If you park outside the Lake please show consideration to our neighbours, park legally, sensible and ensure your parking would not obstruct neighbours and 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 Board of Trustees.
2. No swimming beyond the swimming limit, as indicated on both banks or otherwise as advertised.
3. 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.
4. Climbing of rocks around the Club property is not permitted.
5. Dogs are not permitted onto the Club property.
6. The emergency apparatus, including the boat, rescue board and other Club equipment shall be used solely as intended and for no other purpose.
7. Swimmers must be out of the water 15 minutes before closing time.
8. Musical instruments, radios, or similar device are not permitted on the Club property.
9. Please be considerate of others if using mobile phones at the Club – phone calls are not permitted on the lawns but can be made to left hand side of the office.
10. Smoking (including vaping) is not permitted other than on left-hand side of the office.
11. Lilos or other inflatable apparatus, snorkels, and flippers are not allowed in the water.
12. No ball games are permitted in the water or on the banks, except water-polo games organised by the Club.
13. It is forbidden to engage in horseplay or other rowdy behaviour, including 'bombing', which is likely to endanger or cause annoyance.
14. The changing rooms provided must be used for changing into and from swimming attire.
15. Cooking of food on the Club property is not allowed, except at organised Club events.
16. Alcoholic drinks are not permitted on the Club property, excepting at organised Club events.

### 9. FURTHER INFORMATION

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All matters concerning Club business and general enquiries  
should be made by email to:

[website\\_enquiries@henleazeswimmingclub.org](mailto:website_enquiries@henleazeswimmingclub.org)

or via post to:

The General Manager, Henleaze Swimming Club, P.O. Box  
140, Bristol BS10 6YD

**Henleaze Swimming Club January 2025**