

## **OWS Safety Rules**

We work hard to play hard, but safety will always be our #1 priority. We are excited to welcome so many new members to our club this year, many of whom will be joining our open water swims for the first time. And we feel that now is an excellent time to go over some ground rules to keep everyone safe and run efficient trainings.

I will be very candid in saying that there is a lot of work going on behind the scenes to put these open water swims together. All our founders work full-time jobs in addition to the work they do with the club. So, by following the items below, you will help to keep us somewhat sane.

### **Swim Sign Ups**

- Are extremely important! This is how we can ensure we have enough lifeguards on duty to watch over all swimmers.

### **Swim Cancellations**

- Are extremely, extremely important! Again, this is how we base how many lifeguards we need per swim, and if we have a lot of no-shows, then it is money wasted on paying extra lifeguards that were not needed for a swim.
- Canceling is SUPER easy. You can refer to this [document](#) for step-by-step directions.
- *Insider Tips: Flag your confirmation emails or create a particular folder for these emails so you can easily access them when you need to. If you are doing a search, you will be searching for emails with the subject **TRAINING AND EVENTS**.*

### **Weather Policy**

- If we feel it is not safe to put you in the water, we will not. We will do our best to let you know in advance if a swim is canceled. Weather in our area can change quickly, and we will try to hold off as long as possible before making the final call.
- This is also a reason why it is so vital that you REGISTER for our swims. This allows us to have your info for each swim to contact you in the event we have to cancel due to weather.

### **Policies and Procedures**

- We want everyone to have a swim buoy while swimming so you can be easily visible in the water. We swim in areas with boats, wave runners, etc., making this very important. Swim buoys also act as a floatation device if you need to take a break from swimming and rest in the water. We will have some buoys at swims for purchase, or you can purchase from some of these vendors:
  - <https://www.amazon.com/New-Wave-Swim-Buoy-Triathletes/dp/B014Z9BPQE>
  - <https://www.swimoutlet.com/p/the-ishof-saferswimmer-float-swim-buoy-23x10-38639/?color=10881>
  - <https://www.blueseventy.com/products/buddy-bag?currency=USD&variant=39291255717960>
- Wear a brightly colored swim cap when swimming in the open water. Do not wear dark-colored swim caps and stay away from white – these colors can be difficult to see. Please keep your swim cap on while swimming unless you require assistance. Then you may take it off and wave it in the air until a lifeguard gets to you.
- Sign in and check out after each swim. We want to make sure everyone is accounted for.

- Do not enter the water until our lifeguards are in place & we give you the go-ahead to do so
- NO DIVING. Jump in feet first or use the ladder. Tides are sometimes on the lower side when we are swimming. We have no idea what may be sitting under the water and do not want anyone to get hurt.
- No children are permitted on the dock when we are swimming. If you must bring your child to a swim, please make sure they have adult supervision (and it can't be the adult in the water), and they stay far enough back from the water.
- There are NO bathrooms at our bay swim location.
- Please respect any property that we are using. Whatever you bring, please take it with you. We also ask that you keep your personal belongings to a minimum. There are times when everyone will be in the water, and we are not responsible for any items that may go missing. We recommend leaving personal items in your car.
- Year-round & seasonal residents surround our bay swim location, so we ask that members keep it quiet in the morning.

Again, we appreciate the cooperation everyone has shown in the past and look forward to having another safe season.