

# **OPEN WATER SWIMMING MEYNELL VALLEY HUNTERS TRIATHLON**

## **Normal Operating Procedures (NOP)**

Procedures for conducting an open water training session are written down here. These will also act as guidelines for the person running the session. The measures outlined should be enforced at all sessions.

Listed below are a few guidelines that MVH Tri Club have adopted. It is important that the guidelines below are checked to ensure that they are fit for purpose and that everyone on the club committee agrees on the way club open water sessions are to be conducted. Further points may need to be added therefore this document is a constant 'work in progress'.

### **Background Information:**

- Description of venue – [Manor Park Sailing Club, Kings Bromley](#)
- Nature of water – [Lake](#)
- Contact details for owner / operator – ?
- Average water temperatures for period of use – [15 – 18 DC](#)
- Water quality - [Clear](#)
- Access arrangements for club – [The club can gain access from one point at the lake.](#)
- Access arrangements for emergency vehicles – [Emergency access is very visible from the main road.](#)
- Emergency Action Plan (if exists).
- Use by other activities – [N/A \(no other activities\)](#)

### **Emergency Action Plan (EAP)**

This document will outline the process and procedures to go through in the event of an accident or potentially dangerous changes in circumstances.

- The nominated Safety Officer for the session is responsible for calling the emergency services should an accident occur.
- All swimmers are to be made aware that a safety boat patrols the water.
- If the weather becomes too dangerous to carry on (e.g. dense fog comes over/ or an electrical storm starts) each swimmer will be notified by the safety patrol boat or when they make a complete circumference around the lake (back to the start).
- The nominated Safety Officer will contact the safety patrol boat to carry out a rescue and the safety officer will notify the emergency services.