

Open Water Swim Rules



The Tewkesbury Tri Club rules for swimming at Croft Farm Water Park

Open Water swimming is a key part of the sport of Triathlon – most events involve a swim in open water (Lakes, rivers or the sea). Tewkesbury Tri Club has a long standing association with Croft Farm Water Park, and this allows members to have year round access to the lake for swimming. There are risks from swimming in open water, particularly during the colder months. These rules are in place to ensure members swim in a responsible manner.

The club have created **two categories** of open water swimming:

- **Cold water swimming** (where the water is less than 14C, typically between November and April)
- **Warm water swimming** – where the water is 14C or above, typically between April and October

The following rules apply at all times:

- Open water swimming at Croft Farm Water Park is available **only to Tewkesbury Tri Club members** (see later for different membership types)
- Members must adhere to the club rules, and the rules of Croft Farm Water Park for Open Water swimming
- You **must** be a confident open water swimmer.
- **Please note that there is no safety cover at Croft Farm. You therefore swim at your own risk.**
- All swimming at Croft Farm Water Park is informal and non-coached / supervised, other than for organised Swim Familiarisation Sessions and Timed Open Water Swim Sessions.
- We can swim at the lake 7 days a week between 6:30am to 9:00am and 18:00pm to dusk (subject to membership type)
- You must wear a suitable swim hat (not black)
- There is a specific club WhatsApp group for open water swimming. All swimmers must post details of their intended swim on the WhatsApp group.
- Access to Croft Farm Water Park by vehicle is controlled by APNR. Only vehicles registered with Croft Farm can enter

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Cold Water Rules (Temperature below 14C)

- Cold Water Rules will apply when the water temperature is below 14C. The temperature will be communicated regularly
- Anyone wanting to swim during the 'Cold Water' period MUST have first been approved by the Open Water Liaison Officer – email: tewkesbury.tri.openwater@gmail.com
- Any changes in times will be communicated as the season progresses, including weekend access during winter months.
- There must be at least 1 other person with you in the lake
- You must share details of your intended swim on the WhatsApp group

Warm Water Rules (Temperature 14C +)

- Warm Water Rules will apply when the water temperature is 14C or above. The temperature will be communicated regularly
- Anyone swimming in open water for the first time should arrange a familiarisation swim first with the Open Water Liaison Officer – email: tewkesbury.tri.openwater@gmail.com
- Any changes in times will be communicated as the season progresses, including weekend access during winter months.
- There must be at least 1 other person with you in the lake
- You must share details of your intended swim on the WhatsApp group

Guidelines for using Croft Farm:

- There are changing rooms available and these must be kept tidy. For details of the access code, ask via the WhatsApp group
- The club does not have exclusive access to the changing rooms, and so ensure you keep your valuables safe. The club or Croft Farm will not be liable for any lost or stolen items
- Members should bear in mind that during peak summer months Croft Farm becomes increasingly busy with campers, day visitors and groups using the facilities. Therefore keep your valuables safe.

Membership Types & Access to Croft Farm Water Park

- Full Membership – All Year Round
- Associate Membership – October to April
- Open Water Associate Membership – All Year Round

If you have any questions please get in touch with our Open Water Liaison Officer who will be able to help you out. tewkesbury.tri.openwater@gmail.com