



BURTON FARM OPEN SWIMMING RULES

By following the rules, you are protecting yourself and others from risks associated with open water swimming.

Safety rules

- On arrival you must sign in at the café.
- All swimmers must always swim in a group of two or more or have a spotter at the lake supervising your swim.
- No children under the age of 12 are allowed to swim at Burton Farm. All Junior swimmers (aged 12 -18) must be closely supervised by an adult – which means an adult must be swimming with them.
- A brightly coloured, towable buoy system (tow float) must be carried for visibility and emergency buoyancy. **You are responsible for bringing your own tow float.**
- All swimmers are advised to wear a wetsuit for warmth and buoyancy.
- An emergency whistle must be carried by all swimmers.
- Swimmers are advised to wear a brightly coloured swimming hat.
- Do not run, shout, wave or blow whistles unless there is an emergency.
- Do not jump or dive into the lake.

Lake rules

- Bookings for open water sessions are strictly for that purpose. Anyone found to be booking sessions to use the lake or the banks for anything else, e.g. sunbathing, picnics etc, will be asked to leave without a refund.
- Do not swim outside of the session times.
- Do not take dogs into the water with you or leave them unattended.
- Do not cause any harm to the wildlife above or below the water.
- Please drive vehicles slowly and with care, do not obstruct any roadway or access and have respect for each other and our neighbours.
- Please take all rubbish home with you.
- To make swims comfortable for everyone, please do not invite friends/family to the lake. The lake is strictly for swimmers and a spotter if needed.

We reserve the right to cancel swimming sessions, at any time, if you have broken any of the rules, acted in a way we deem unsafe to you or others. We may also cancel sessions if the weather makes swimming unsafe or in an event where the water quality was compromised.

Rescue and first aid - Burton Farm has First Aiders on site who will respond, at once, to any emergency, either in or out of the water. In the event of an accident, you must alert a team member immediately.

Underwater: Wherever possible, help them to the surface.

On the surface: Raise the alarm by blowing a whistle, shouting and waving.

At the water's edge: If you see someone in trouble, raise the alarm immediately. While someone else alerts the staff in the café, stay where you are, monitoring the position of those in the water.

By agreeing to the rules, you take full responsibility for your own safety.