

**A GUIDE TO YOUR SESSION AT LAKE32**  
**PLEASE READ THROUGH THE WRITTEN GUIDE TO YOUR SESSION**  
**BELOW AND WATCH THE VIDEO GUIDE (NOT YET AVAILABLE)**

This Document and our video (NOT YET AVAILABLE, PLEASE READ THE DOCUMENT IN FULL) will guide you through where to go and what to do when arriving for your session, and our session itself. These rules may sound a little harsh, but please don't be put off.

Your session will still be relaxed and amazing but at this moment in time we must strictly abide by the lake's rules to keep everybody safe, well and happy (swimmers, coach and lake owners).

**Please endure you watch the video above and read the guidance below**

Lake86 rules and regulations, how can we maintain the lakes standards?

**THINGS YOU NEED TO REMEMBER FOR YOUR SESSION**

1. Wetsuit.
2. Swim Hat.
3. Goggles.
4. Any wetsuit booties or gloves you may feel you need.
5. Tow Float (if you have one, you may purchase one as part of your session booking process or we have one to borrow (sanitized before your session)).
6. Finis Tempo Trainer Pro (if you have one, you may purchase one as part of your session booking process or we have one to borrow (sanitized before your session)).

***Please note that we can not loan out wetsuits, goggles or hats this year. If you do not bring these to your session we will not be able to help you and you will forfeit the session fee.***

***The loan of a tow float and tempo trainer - these will be sanitised with wipes before your session, however it is much better if you can bring your own.***

**THINGS YOU SHOULD DO**

- Observe social distancing guidelines at all times, whether we are in our session or before and after our session. Failure to do so could endanger the business of South West Swim and the Lake and you may be asked to leave the site.
- Arrive on site no more than 10 minutes before your coached session start time.
- Tell the staff member on the gate your name, and that you are there for a session with South West Swim / Jason Tait. The gate staff should be aware of your arrival (in case of problems advise that Jason would have emailed Jo Pendlebury this information)
- Park as directed by the lake staff in an available space. Please be conscious of social distancing when parking.

- Arrive by yourself, it's not a family outing on site in these COVID-19 times unfortunately. We need to limit the amount of people on site.
- Parents dropping off juniors to one of my coached sessions should remain in their car after meeting me. Do not stand / sit lakeside to watch your swimmer. If you feel you need to watch your junior swim, then our sessions are not appropriate for you or your junior at the moment (sorry).
- Arrive in your swimsuit, and get the rest of your wetsuit on by your car.
- Remember to bring everything else with you too (hat, goggles, tow float and any other kit)
- For a 1-2-1 session with me, find me by my car or the South West Swim flag (which may be lakeside depending on where I can park). Either way we will have the South West Swim flag up so we will be very easy to spot.
- If we meet by the car please stand on the passenger side of the bonnet, this gives us our social distancing gap. If we meet lakeside please be conscious of the social distancing rules and we will stand 2m apart
- We will talk through your session here and distribute a tow float and tempo trainer (all cleaned) where needed. If you have your own tow float and tempo trainer please bring these with you.
- We will then make our way to the water, please always let your coach lead.
- Leave any kit or shoes lakeside as directed by your coach.
- We will then enter the lake, we may need to wait for an appropriate time if others are getting in / out.
- We will then have a great coaching session in the lake.
- Once our session is over we will exit the lake.
- Coach sessions, we will wrap up and say goodbye quickly after our session. We will follow up with a written review.
- Please note that you are not allowed to return to the water after our coached sessions UNLESS you are a member and have also booked the swimming timeslot we used on the waterland website. If you have booked the timeslot and wish to return to the water then you can do so, but you will not be under the direction or responsibility of South West Swim or their coaches.
- Get dry and changed by your car as quickly as possible. There are no changing rooms or toilet facilities open at the lake at the moment.
- We encourage you to have a coffee and snack at Cafe32 on site if you wish to (and it is open)
- Once done please leave the site ASAP and enjoy the rest of your day.

### **THINGS YOU SHOULD NOT DO!**

- Arrive really early, if the gate is manned you will be sent away.
- Bring more people with you than needed. Ideally ONLY YOU should be attending your swim session and not bringing spectators.
- \_ Follow directions of the waterland staff at all times and abide by the lakes directives and rules.

If you can follow these simple steps it will allow us to work with the lake and for the lake to remain open for all to enjoy.

After your session we cannot guarantee that you will be able to join as a member and swim by yourself. This is dependent on the lake rules and membership options available at this time. This applies to both adult and junior sessions.

If visiting again outside of your session you may see me onsite a lot, that is because I am coaching and have explicit permission to be lakeside. This is always dynamically risk assessed with the staff at Waterland Outdoor Pursuits.. By all means drop me a quick wave and a hello, and I'll flash you a wave and a hello back. But then please follow all of the above rules. If you have any big questions for me we can catch up on email or zoom 😊. I am not being anti-social but just protecting the lake and the safety of others, we are always available for a virtual chat about your session and development.

Please ensure you follow the above lake rules. It will make the lives of the staff much easier and help us work with them to bring you the swims you love.

Many Thanks

Jason Tait

Head Coach

[www.southwestswim.co.uk](http://www.southwestswim.co.uk)

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