

**A GUIDE TO YOUR SESSION AT LAKE86**  
**PLEASE READ THROUGH THE WRITTEN GUIDE TO YOUR SESSION**  
**BELOW AND WATCH THE [VIDEO GUIDE](#)**

This Document and our video at <https://youtu.be/QpG3Eqkq9u0> 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 ensure 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**

- ARRIVE - SWIM - LEAVE! (The short version stated by the owners at the lake).
- Arrive on site NO MORE than 10mins before your session start time.
- Tell the person on the gate your name, and that you are there for a session with South West Swim / Jason Tait. The gate staff will have your name listed.
- Turn into the lake and pull through the gates and bear to the left, park behind a white post, with the post to the middle of your car.
- Arrive by yourself, it's not a family outing on site. If you bring another person, make them stay in the car / near your car, or send them to the gateway centre.
- 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, we will have the South West Swim flag up so we will be very easy to spot.
- Please stand on the passenger side of the bonnet, this gives us our social distancing gap.
- 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 sign in, please always let your coach lead. Stand in the red crosses whilst waiting to sign in to maintain social distancing.
- if you are a member please sign in after your coach has left the office, non members please follow your coach to the lake after they have signed in. Maintain social distancing.
- Leave any kit or shoes on the line 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.
- We will then have a great coaching session in the lake.
- Once our session is over we will exit the lake and follow the one way system again to log out. Once more please let the coach lead. Non members will not need to sign out.
- SIGN OUT in the office, queuing as before.
- follow the one way system again after exiting the office, DON'T try and take a shortcut even if nobody is queued.
- Coach sessions, we will wrap up and say goodbye quickly after our session. We will follow up with a written review.
- Get dry and change your car as quickly as possible.
- 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.
- Plan a post swim breakfast, picnic or coffee morning on site. It's not appropriate at this time of limiting traffic and numbers of people on site.
- If you want a social catch up the gateway centre is no more than a 30second drive away.
- Hang around chatting to others before or after your swim.
- Watch other swimmers in the lake.

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 Cotswold Waterpark Hire. 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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