

## **Open-Water Swimming & Triathlon Training**

### **Southwater Country Park - Code of Conduct**

1. Triathlete training is allowed on Cripplegate Lake (the main lake at Southwater Country Park) between 5.00pm and dusk. No training is allowed before 5.00pm;
2. At least one person (a 'spotter') must be present at all times during training on the bank or pontoon for safety reasons;
3. While training, triathletes must have a mobile phone with the spotter;
4. There must be a minimum of two triathletes swimming at one time (plus one spotter on the bank). Under no circumstances will lone training be allowed;
5. Triathletes must wear wet suits at all times while training;
6. Triathletes must wear a high visibility swimming cap at all times while training. The colour of the cap will be determined by the Club they belong to (for example, the Amphibians Tri Club will wear orange caps);
7. Triathletes must abide by all rules and regulations relating to general usage of the Country Park;
8. All triathletes must conduct themselves with due regard for the safety and enjoyment of other users of the Country Park and must comply with all instructions given by representatives of the Council;
9. Any triathletes under the age of 16 must be registered separately and must be accompanied by an adult (over 18) at all times. Please contact Sarah Johnson to register;
10. Vehicles belonging to triathletes should be parked in the Station Road car park;
11. Persons failing to observe any points within this Code of Conduct shall be liable to withdrawal of use of the lake.