

Normal Operating Procedures (NOP)

20/07/22

SYTri River Session The Greenhous West Midlands Showground Berwick Road Shrewsbury

1. All swim participants must be members of SYtri Shrewsbury Triathlon Club or entrants in the Sytri Triathlon event and be able swimmers.
2. At least one level 2(or above) coach must be lead coach on the swim sessions.
3. In addition to the lead coach, a kayaker will be present on the water to monitor swimmers. All to have whistles. Coaches/Kayakers will sweep the swimmers on the 500m downstream swim. An on-shore assistant will be in addition to the above.
4. First aid kit and defibrillator will be readily available to the coach at the main shore.
5. All swimmers are required to wear brightly coloured swim hats and wet suits (subject to water temperature as per risk assessment).
6. All swimmers to acknowledge the on line/written disclaimers on the sessions page at time of booking session on line and provide ICE details to the on shore assistant during the registration of swimmers . At the end of the session these details shall be disposed off in such away that details are no longer legible.
7. All swimmers to be registered by the assistant and their corresponding no. to be self marked on their hand prior to them entering the water.
8. Before entering water swimmers to be briefed by lead coach to include but not limited to:-
 - That all swimmers have registered and been number marked
 - Water temperature/slip hazards
 - Course options/distances
 - How to summon assistance of kayaker/coach, in event themselves or others requiring assistance
 - Leaving the water as soon as possible should they be so instructed by the coach/kayaker.

- Their Responsibility on completion of swim to be signed out by the assistant.

9. Assistant to ensure all swimmers on finishing their swim are signed out.