

Ashburnham Place Water Activities Policy for Residential Groups or Guests

(pages 1 – 6 to be retained by group / guest)

Water activities are permitted on Broad Water Lake from **1st May** to **1st October**, subject to the following policy and satisfactory water quality tests:

Swimming and Boating at Ashburnham

Swimming and boating in the lake can be dangerous. It is therefore critical for health and safety and insurance reasons that this policy is adhered to.

- Persons **permitted** to use the lake for swimming or boating:
 - Residential Groups or Guests (subject to the conditions below)
 - Ashburnham Place Community members, or friends of, who are accompanied by Permanent Ashburnham Place Staff Team
 - Those whom have been given express permission from a director of Ashburnham Christian Trust.
- Persons **NOT permitted** to use the lake:
 - Orangery Tea Room customers and other day guests
 - Any other person not fitting into the above stated categories

Residential Guests - Swimming

- Swimming in the lake is to be overseen by 2 named persons. One of the nominated persons is to remain by the lakeside and the other be either in the water or be prepared to enter the water.
- The group organiser needs to brief the responsible persons of their role.
- Swimming is strictly limited to within the swimming area on Broad Water, which is clearly marked with ropes and a series of buoys, unless with express permission from a Director of Ashburnham Christian Trust.
- On instruction from our insurers, **no one under the age of 18 years is permitted to swim in the lake**, unless their parents or legal guardians have signed the attached disclaimer. It is the responsibility of the group organiser to collect, file and implement.
- **Lone swimming is prohibited.**
- Swimming may only take place during the hours of daylight
- If more than 7 but less than 20 swimmers are in the water then **an additional person** will be required to oversee the swimming. For every additional 20 swimmers, one additional person will be required.
- Before swimming the responsible persons are to ensure:
 - That they are familiar with the safety equipment provided and know how to use it.
 - In case of emergency, grid reference location (TQ68722 14309) of the swimming area and

location of the nearest phone if mobile phone reception is not available (**Prayer Centre Lobby**),

- Swimmers are aware of the limits of the bathing area and potential dangers of open water swimming (see attachment Dangers of Open Water Swimming).
 - That the ability and health of swimmers are taken into account as well as water temperature and weather conditions
 - Swimmers are aware of what to do in case of emergency. Separate guidance is provided to the group.
- **Diving from the Lakeside or pontoon is prohibited.**
 - Please use the pontoon responsibly. No swimming underneath or attempting to capsize or sink the pontoon and a **maximum number of four persons at any one time is permitted on it.**
 - The use of qualified lifeguard is left to the discretion of the responsible person after taking all the above into consideration, appropriate qualifications are Royal Lifesaving Society UK National Lifeguard Qualification or a Swimming Teachers Association National Aquatic Rescue Standard for Lifeguard.

Hazards/Risks Associated with Lake Swimming

- **Non-Swimmers** - the floor of the lake gets deep quickly.

Action - Ensure that all non-swimmers are kept under constant supervision and have clearly set boundaries.

- **'Cold-shock'** is the involuntary gasp and rise in heart rate that occurs as the body enters very cold water.

Action - Test the temperature and wade in slowly unless you are already acclimatized to outdoor swimming

- **Cramps** - Swimming cramp can occur in the calf or foot and tends to be caused by overexertion, over-stretching and tiredness. Cramp is not more likely after eating but dehydration, or a poor diet in general, can make you especially prone.

Action - If you get a leg cramp, shout for help, lie on your back and paddle back to shore with your arms.

- **Weeds** - Common in the lake, weeds are quite easy to see and, while one or two aren't such a problem, a spaghetti-like forest can entangle a swimmer's legs. Try to avoid them.

Action - If you encounter weeds, slow your swim speed right down, don't kick or thrash, and either float on through using your arms to paddle, or turn around slowly.

- **Blue-green algae** - After warm, wet weather, usually in late summer, algae can multiply and a powdery, green scum (the blooms) can collect on the downwind side of a lake. It's obvious and unpleasant. The algae can give you a skin rash or irritate your eyes if you bathe in it and make you sick if you swallow it.

Action - If an algae bloom is present, the swimming area will be closed.

In case of an emergency:

If you are a swimmer and get into difficulty:

- Try not to panic
- Make your way to the nearest buoyancy; this may be the pontoon, ropes to the swimming area or marker buoys.
- Make others aware that you are in difficulty.
- Two of the most common situations are:
- Cramp - if you get a leg cramp, shout for help, lie on your back and paddle back to shore with your arms.
- Weeds - if you do encounter some, slow your swim speed right down, don't kick or thrash, and either float on through using your arms to paddle, or turn around slowly.

If you are the Responsible Person:

- If you are at the waterside; dispatch the life ring, stay on the bank of the lake, keep yourself safe and seek assistance. If you are in the water, use the life ring to assist the swimmer in distress.
- If emergency services are required, use your mobile (or use the **telephone in the Prayer Centre Lobby** where the drinks are) and dial 999. Ask for the Fire and Rescue Service.
- Explain as clearly as possible where you are, **grid reference number (TQ68722 14309)**

Group Bookings - Boating

- A responsible person over the age of 18 years is to be nominated by the group organiser to oversee boating on the lake.
- The nominated person needs to be experienced with watercraft, preferably an instructor.
- The craft must be in a suitable good condition to make the activity safe. Motorised craft are not permitted.
- The nominated person is to give due consideration to the conditions before undertaking the activity.
- Before boating takes place the responsible person must ensure that:
 - They are familiar with the safety equipment and know how to use it.
 - In case of emergency the **grid reference (TQ 68722 14309)** and the nearest landline (Prayer Centre Lobby)
 - Persons taking part can swim 50 metres in clothing and keep afloat for more than 5 minutes.
 - If non swimmers are taking part, there must not be more than one in any craft, or in the case of single handed craft supervision must be on a one to one basis.
 - All users must wear a lifejacket or buoyancy aid whilst on the water, regardless of their swimming ability.
 - Craft are to be launched from the designated area only and should not be used in the swimming area.
 - Boating is restricted to Broad Water Lake.

Family Swimming Disclaimer

(to be retained by Ashburnham Christian Trust)

Unless organised by your group leader there will not be qualified lifeguards overseeing the swimming in the lake.

Responsibility for your children's safety during swimming will rest entirely with you as parent or legal guardian.

If you decide to let your child swim in the lake please be aware of the following risks:

- The distance to safety, if your child gets into difficulty when swimming, is considerably further than in a swimming pool.
- The floor of the lake gets deep very quickly. Children can find themselves easily out of their depth and unable to stay above water.
- Cold-shock' is the involuntary gasp and rise in heart rate that occurs as the body enters very cold water, this is particularly acute in children.
- Cramp can occur in the calf or foot and tends to be caused by overexertion, over-stretching and tiredness. Cramp is not more likely after eating but dehydration, or a poor diet in general, can make you especially prone.

- Weeds are common in the lake and it is easy to get entangled. A child in this scenario may not respond as an adult would and is more likely to get entangled.
- The floor of the lake is uneven and depths vary. Currents and cold water streams are also present.

We the family have read and understood the risks associated with swimming in the lake. We have been informed of the advice given by the insurers of The Ashburnham Christian Trust and have read the swimming policy. We consent to our children swimming in the lake and take full responsibility for their safety and welfare.

Signed:

Dated:

Print name:

(Parent/Guardian)

Ashburnham Place Water Activities Policy

(to be retained by Ashburnham Christian Trust)

Please sign and return this part of the Water Activities Policy to the Ashburnham Place Facilities Director, David Giles.

Boats, canoes and other waterborne craft

Swimming

Group Name: Christ Church London

Dates of stay: 27-29 August 2021

We have read and understood the Ashburnham Christian Trust Water Activities policy and will ensure that all users of the lake have been informed of the policy and that the use of the lakes is in accordance with this policy.

Signed:  Date: 18 August 2021

(Group Leader)

If applicable, during our event swimming will be over seen by:

Signed: 