

Boston Tri & JustWake - Open Water Swim Guidance & Safety

Working with JustWake we provide access to lifeguarded (non-coached) open water recreational swimming for all (and coached swimming for members of Boston Tri Club) open water swimming at JustWake, Tattershall.

Tri club coached sessions, led by qualified coaches are aimed at improving open water swim confidence. These sessions will include techniques shared by our coaches to help with technique, form, and speed.

There is a video link here for a walk of the site and general safety:

<https://www.facebook.com/766407434/videos/10158872438217435/>

Booking a Session

All sessions must be booked online, in advance of the session start time via our ClubSpark pages.

Click here to book our sessions: <https://clubs.britishtriathlon.org/BostonTriathlonClub/Coaching>

On Arrival

Please park along the bank surrounding and leading up to the lake, there is plenty of room for you to park your car so that it will not obstruct other users of the park, so please be mindful.

You will need to arrive swim ready and change by your car prior to entering the site. Once changed and ready you will enter via the red gate where we will ensure your entry and payment online.

You will be required to present your membership card (if you have not got one, you will be issued one when you arrive) and this will be swapped for a numbered band. We will also be able to hang car keys if necessary, but we will not be held responsible for loss or damage.

Swimming

Once you have signed on and have your numbered band you may go and enter the water. Please follow the one-way system in operation which is clearly marked on the floor. Walking on to the pontoon you will be able to enter the water immediately on your left. Please do not jump or dive from the pontoon for safety.

If you are taking part in a coached session, you will be directed to a group where you will then follow the instruction of the lead coach.

If you're swimming your own please observe the swim direction map at the end of this document which will show the possible routes you are able to take.

Exiting the water

Once you have completed your swim, exit the water where you entered, head to the check in and out point where you can swap your band for your membership card and/or keys. This is especially important as it helps ensure all swimmers who entered the water are accounted for.

Then make your way to your car where you can change. If this is not possible there are changing room on site, but these should only be used if necessary, observing the one-way system on the floor.

Swim Safety

In addition to having a lifeguard we recommend that you wear a comfortable wetsuit which will help with buoyancy and warmth, a bright coloured swim hat and a tow float. Wetsuits and tow float are not compulsory, and we will follow guidance from British Triathlon which factors in water temperatures and at what point a wetsuit should become necessary.

We would however like to see everyone make use of a bright coloured swim hat for safety and visibility.

Observations

1. It is reported that there are lots of freshwater mussels within the water – so please be cautious when walking or standing on shallow parts of the lake bed.
2. Please do not congregate on the pontoon – it has a narrow walkway and in the interest of safety and COVID19 guidance this is now allowed.
3. Do not dive or jump off the pontoon. Please lower yourself into the water in a controlled way.
4. Observe the one-way system in operation on the site – if you repeatedly do not comply you will not be welcomed back.

If you get in trouble or need support

We are incredibly lucky to be able to offer you a lifeguarded swim, should be find yourself in difficulty remain calm. Lay on your back and place a hand in the air whilst shouting the attention of the Lifeguard or Coaches.

Therefore, it is important to wear bright colour swim caps and/or tow float.

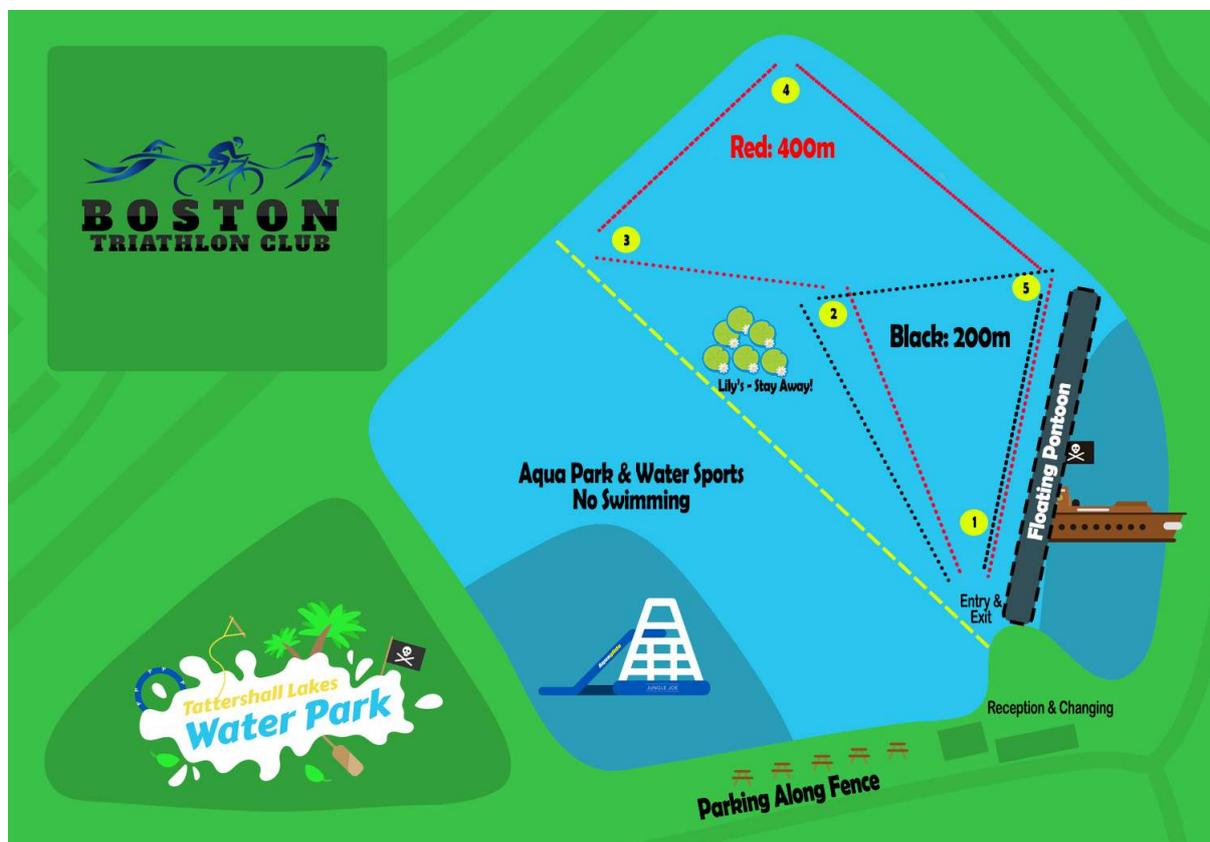
COVID19

It is important that we all observe social distancing rules outlined by the government. We ask that you keep socially distanced from other athletes, not to share drinks and any swim aids that you may bring with you.

There is plenty of hand sanitiser found in multiple locations around the site, please try to use it.

It is common sense, keep your distance, keep others safe and be clean.

Swim Map



Directions

When turning into Tattershall Lakes you will be stopped at the security gate, inform them that you are there to take part in swimming at the JustWake Aqua Park.

