

Electric Picnic

SWIMMING TERMS & CONDITIONS

***ONCE YOU ENTER THE ROUTE TO THE LAKE YOU HAVE ACCEPTED OUR SWIMMING TERMS AND CONDITIONS**

Wild swimming in cold water for many is a pleasurable experience. It can also be extremely dangerous. The water is untreated, opaque and cold with deep silt and there are areas of reeds which create the risk of entanglement.

Restrictions:-

- The water is over 6ft deep at its deepest point in the middle of the lake
- It is not permitted to swim while intoxicated or under the influence. You will be refused entry to the Lake if a member of staff deems you unfit for swimming.
- Children aged 12 and under are permitted to swim in the company of an adult over 18 with a 1:1 ratio.
- You should not swim if you have a reduced immune system as your risk of developing serious health complications from contracting a water borne illness is much higher.
- Diving or jumping into the lake is strictly prohibited
- Electric Picnic reserves the right to suspend swimming at any time at their discretion.

Staying warm: -

- Warm up before your swim and bring warm clothes to put on afterwards.
- Don't push your time in cold water if you are not used to it – limit the time you are in the lake for.
- Cold water will reduce your swimming speed and ability so don't be overambitious.
- Don't jump or dive in but use the platform – if you jump in you can suffer "cold water shock".

Staying safe: -

- In the event of an emergency the Swim Supervisor / Duty Officer will blow one long whistle. All swimmers must return to the water entry point and await instruction. If you need assistance please raise your arm
- Cover up any cuts and wounds with a waterproof plaster. We do not recommend swimming if you have any serious cuts or abrasions.
- For anyone with a reduced immune system the risk is much higher of serious health complications from the contraction of a water borne illness. Persons who are most likely to have a reduced immune system have been identified in the Guidelines for safe recreational water environments written by the World Health Organisation as children under 5.
- Swim within your limits and don't swim if you are not fit and well.
- Team up with a swimming buddy and watch out for each other.
- It can take a while to get used to the look and feel of natural water. On initial entry turn onto your back and focus on the sky above until your breathing returns to a normal rate and you will soon relax into it.
- Avoid the areas of visible reeds and keep at least 2m from the lake edge.
- If you do encounter some reeds, turn onto your back, kick your legs gently and limit your arm actions until you reach an open space. The main thing is not to panic!
- If you need help, lay on your back and raise your arm in the air.
- The level of micro-organisms within this untreated water will fluctuate. Water quality tests have been carried out:
 - Avoid swallowing the lake water.
 - Avoid putting your whole head and particularly ears, mouth, nose and eyes under water.
 - Wash your hands after your swim and before eating and use antibacterial gel.

- Have a shower after your swim. The showers are in the Jimi Hendrix Campsite.
- If you develop any symptoms such as vomiting, diarrhoea, dehydration, severe headaches, muscle pain, a rash around your stomach and / or fatigue within 3 weeks of your swim, visit your doctor and mention your lake swim.
- If you develop an ear infection, or an itchy, inflamed ear, discharge from the ear or temporary deafness, visit your doctor, mention your lake swim and the possibility of “swimmer’s ear”.