

Swineham Lake Open water Swimming - Guidance for Swimmers

1. Swineham lake provides an opportunity for fresh water, open water swimming, with safety supervision. A measure of the water temperature is provided but you should be confident that you are able to swim a minimum distance of 550 metres (the shortest of the marked loops) under these conditions. There are no significant water currents in the lake but be aware that wind and/or rain can make the conditions more onerous and this should be considered against your experience of open water swimming.
2. The swimming sessions are available according to an agreed timescale and so begin and end at fixed times, subject to suitable weather conditions. Swimmers cannot enter the water before the start of the first session (as indicated on the availability notice) and must exit the water by the end of the last session (as indicated on the availability notice).
3. Be aware of the swim course layout and the recommended routes around the buoys. The depth of the water varies because the bed of the lake is uneven and you should assume that the water is too deep to stand up in order to rest, or to make adjustment to swimming gear.
4. The lake safety crew are patrolling the lake to provide assistance should you find yourself in difficulty. Be aware that if you (as a swimmer) need attention from the lake safety crew then you should lie on your back and wave your arms in the air until the safety crew can arrive. If possible, stay close to a marker buoy and notify nearby swimmers.
5. In the event of approaching stormy weather the lake will be evacuated. In this case a klaxon will be sounded and the safety crew will notify individual swimmers as necessary. Please make your way directly to the exit ramp and do not continue swimming around the loops.
6. Please stay clear of the shoreline, apart from the marked entry and exit areas, including that of the islands in the lake.

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7. Please swim 'clockwise' around the marked buoys and do not deviate from the course marked by the buoys. The routes around the buoys are marked on the lake schematic diagram.
8. There are three possible loops around the marked course. One involves crossing between the two white buoys (C to H in the lake schematic) and one involves crossing between the two red buoys (D to G in the lake schematic). The third involves swimming the full course and crossing between the two yellow buoys (E to F in the lake schematic). Any loop can be swum at any time during your session.
9. The lake schematic shows the approximate distances around the buoys and the distance from the entry ramp to the first buoy, which is about 100m. The approximate loop distances are:
 - a. Loop ABCH-A is 360 metres
 - b. Loop ABDG-A is 490 metres
 - c. Loop ABEF-A is 880 metres

The third loop covers almost twice the distance of the second loop and may be more difficult than it appears when in the water. Note also that to get the full distance swum around the loops you must add twice the distance between the ramp and the first buoy.

10. There is no signal given to indicate the end of a session, the crew assume you will leave the water at the end of your session. The last session is different in that the water safety crew will close the available loops to ensure that swimmers can leave the water in good time

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Swineham Lake - Schematic Layout

