

Open Water Clinic - Checklist & Safety Information

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**Mandatory: One week in advance of the clinic start date.**

1. Completed waiver/disclaimer form (e-Signature).
2. Payment (PayPal).

These are completed online via the website as part of the clinic-booking process. [**www.oceanbreakers.ie**](http://www.oceanbreakers.ie)

**Mandatory Equipment: On the day of the clinic.**

1. Swimming togs.
2. Wetsuit.
3. Silicone hat.
4. Goggles.
5. Flip flops
6. Flotation tow float.
7. Towel.
8. Warm clothes to change into after the swim (to include hat and gloves).
9. Bring your own mug for tea/coffee afterwards (hot drinks supplied).

**Registration:**

1. Registration takes place 15mins before the designated start of the clinic.



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 **Venue:**

1. Please park only in designated parking areas
2. All personal items are left at your own risk - no lockers available.
3. Directions to the venue can be found on [www.oceanbreakers.ie](http://www.oceanbreakers.ie)

**Swimming:**

1. Swimming and associated spectator activities during the open water clinic are taken at your own risk.
2. If you arrive too late for the safety and information briefing at the beginning of the clinic, unfortunately you will not be permitted to take part in the clinic.
3. All swimmers must enter and exit the water within the designated area (unless in an emergency).
4. Water temperature will be clearly stated at each session.
5. All swimmers must wear a brightly coloured swim cap and tow float for visibility.
6. All swimmers must swim in the direction indicated, remain close to the marked buoys and not swim off course.
7. We reserve the right to reduce the length of the swim course or to cancel the session in the event of extreme weather conditions.



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**Swimming continued...**

8. If you get into difficulty in the water and cannot get to shore, roll onto your back and raise your arm in the air to gain attention and wait for help.

9. You must be capable of swimming 200 metres continuously without stopping. Where possible, we recommend that you swim with a buddy or a small group.

10. Biological water testing has been undertaken. However it is strongly recommended that you do not ingest the water and shower after each session.

11. All of our swimming venues are in a natural environment and, as such, will contain sea creatures which may include jellyfish, seals and dolphins. Please be aware of this and respect the environment and other inhabitants.

The clinics are always a lot of fun with a great atmosphere; we look forward to having your company and coaching you some SWIMSPIRATION! ☺

Rachael, Tom and Ronan