

Tri-Anglia Open Water Swimming – Juniors

Juniors classified as – aged under 18. Adults classified as – 18 and above



All Juniors attending our Open Water swim sessions must:

- be Junior Tri-Anglia members.
- book onto the session via the training page on the club website.
- report to the Tri-Anglia OW Swim Manager.
- adhere to the 'No card – No swim' and check in and check out numbered band system even if their parent/legal guardian are on deck or accompanying them in the lake.
- **wear a wetsuit – they are compulsory** for all Junior swimmers.
- check the temperature of the lake before swimming and adjust the duration of their swim accordingly. **Junior swimming is only permitted if water temperature is over 14°C**
- be aware that tow floats are recommended for all Juniors but not mandatory.
- wear a different colour swim cap to adults:
Purple for Juniors swimming accompanied and unaccompanied in the lake
White for Juniors swimming in coached sessions in the lake
- **not be left unsupervised on the deck at any time whilst their parent/guardian swims.**

Junior Tri-Anglia members – age under 8

- Juniors aged under 8 cannot take part in Tri-Anglia Open Water Swim sessions at any time.

Junior Tri-Anglia members – age 8+ Accompanied swimmers

Juniors aged 8+ may be able to swim accompanied by an adult in lake sessions subject to:

- Parental permission form completed.
- Competency test completed - must be booked with a club coach.
- Safety briefing completed.
- Juniors aged 8–13yrs must swim accompanied by a Tri-Anglia adult (age 18+) member and must swim together at all times.
- Adults can only accompany 1 Junior swimmer aged 8–13yrs, at a time.
(Adults may accompany 2 Juniors if both Juniors are 14yrs + and competent swimmers.
This is subject to the Juniors' Competency tests.)
- British Triathlon and Beyond Swim recommended guidelines for duration of swim session:
Age 8-12yrs – No more than 45mins.

Junior Tri-Anglia members – age 14+ Unaccompanied swimmers

Juniors aged 14+ may be able to swim unaccompanied by an adult in lake sessions subject to:

- Parental permission form completed.
- Competency test completed - must be booked with a club coach
- Safety briefing completed.
- All Juniors under 18 swimming unaccompanied must have a parent/legal guardian present on deck in case of an emergency and to comply with British Triathlon Safeguarding and Welfare policy. The parent/legal guardian cannot swim at the same time.
- British Triathlon and Beyond Swim recommended guidelines for duration of swim session:
Age 13-14yrs – No more than 60 minutes.

Changing Rooms for Juniors

- All Juniors must change in the marked changing rooms assigned to Juniors.
- All Juniors must adhere to the times that the changing rooms are open for Juniors to use.
- Juniors aged 8+ must use their same sex assigned changing rooms.
- No adults allowed in Junior changing rooms.

Safeguarding and Welfare

- Tri-Anglia and British Triathlon take the Safeguarding and Welfare of children very seriously. Club officers reserve the right to ask you to leave the session if they deem that your behaviour towards your Junior is not complying with British Triathlon Safeguarding and Welfare standards.

Safe swimming

- Whitlingham Staff and Safety Kayak team are responsible for keeping our swimmers safe and on course. If you or your Junior are approached by the Safety Kayakers and told you are off course and asked to stay on the course please respect the safety kayak team decisions.
- Deck manager / Club officer reserves the right to ask you to leave the session if they deem your swimming and behaviour to be unsafe.
- Deck manager / Club officer has the right to refuse any Junior to swim.