



Protocol: Greasing



Greasing is used to minimise chafing in salt water. It does not aid heat retention. Grease is often not required for short swims, but generally needed for longer swims. The time at which each swimmer starts to chafe is different. The areas that a swimmer chafes are also very individual. The beach crew can advise areas that are commonly experienced, but it is up to the swimmer to determine where they require grease.

Applying grease for swimmers, by its nature involves personal/intimate touch. This protocol has been devised to ensure that where possible, grease will be applied to swimming attire rather than skin, and where this is not possible, the procedure provides the least invasive method of greasing.

Principles

This protocol is created to aid dignity and privacy. The assumption should be that self-application is the first choice for greasing. Only where this is not possible or specifically requested, will this protocol be invoked.

The protocol will be carried out in the view of a second member of the DCT Beach Crew or volunteer to ensure safety. Swimmers are welcome to ask a buddy to observe as well.

Every swimmer has the right to feel safe and secure and has the right to privacy. The environment in which greasing takes place is public and all care will be taken to avoid exposing intimate areas.

All swimmers will be asked for consent on every occasion and prior to grease being applied will be told where it is being placed. Should you require grease inside your costume or around your genital area you are responsible for application. Please help yourself to a glove.

All Beach Crew will act in a professional manner when applying grease.

At any point the swimmer has the right to end the application of grease without giving a reason.

At all times swimmers may request the gender of the person applying the grease. However, it should be noted that due to the voluntary nature of attendance, it may not be possible to meet the request and self-application will be advised.

All members of Dover Channel Training Beach Crew Level 1 or 2 will have up to date DBS certificates. These are the only Beach Crew who will apply grease. On occasions where this level of Beach Crew is not available, only self-application will be available.

Concerns

Any swimmer who has concerns about the conduct of Beach Crew in the application of grease should raise it via the usual safeguarding route. This can be done in person if the Safeguarding Lead is on the beach, or via the form on the website.

Any Beach Crew who is uncomfortable with application of grease should make this known to Lead Crew on the beach.

Health & Safety

It is the swimmers' responsibility to ensure that any allergies are made known prior to the procedure beginning.

Procedure

Gloves will be worn to minimise the transfer of grease to clothing, goggles and other objects.

The first step in applying grease is to ask the swimmer to apply it themselves, or with a buddy that they know and trust. Gloves and grease can be supplied.

If the swimmer asks for help, it is important that they have read and acknowledge that they have read this protocol.

Swimmer application

1. Always use a glove, this keeps hands grease free. Grease on goggles causes smears, damages seal integrity and will irritate - not good on a long swim.
2. For requested lubrication inside costume or in genital area swimmer is responsible for application.

For female swimmers

- | | |
|---|---------------|
| 1 | Put on gloves |
|---|---------------|



2 Scoop grease onto gloves using an appropriate amount for the duration of the swim.



3 Discuss with swimmer which areas they require lubrication and gain overall consent.

4 Remind swimmer that they can withdraw consent without reason at any time and self-apply.

5 Begin application gaining consent at each area (e.g. "here? Ok?").

6 Armpits - apply from armpit down inner arm towards elbow covering area expressed by swimmer using front/palm side of hand.



7 Straps - using gloved hand lift strap away from skin and apply grease to straps only.



8 If swimmer requires can follow strap down seam line on costume under arm. Continue to lift costume away from skin (thereby back of hand/non palm side will be towards skin).



9 Neck/hat line - use palm of hand on back of neck.



For requested lubrication inside costume or in genital area swimmer is responsible for application.

For male swimmers

1 Put on gloves



2 Scoop grease onto gloves using an appropriate amount for the duration of the swim.



3 Discuss with swimmer which areas they require lubrication and gain overall consent.

4 Remind swimmer that they can withdraw consent without reason at any time and self-apply.

5 Begin application gaining consent at each area (e.g. "here? Ok?").

6 Armpits - from bicep muscle to lat muscle using front/palm side of hand.



7 Front of shoulders at top (beard rubs when breathing) using front/palm side of hands.



8 Beard line, chin and Adam's Apple - front/palm side of hand.



9 Neck/hat line - use palm of hand on back of neck.



For requested lubrication inside costume or in genital area swimmer is responsible for application.

