



SAFETY BRIEFING

Dover
edition

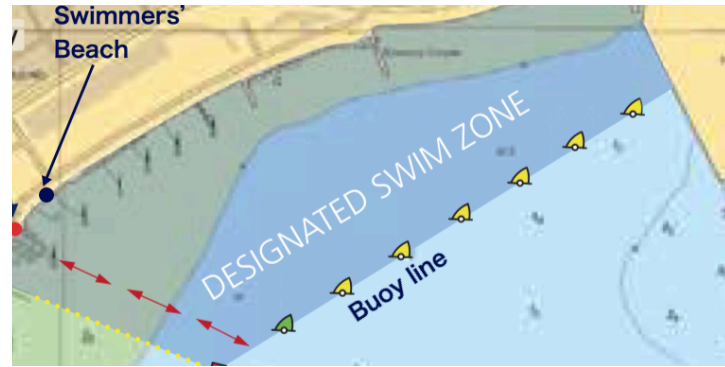
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Swim Zone

We are very lucky to have a dedicated swim zone which allows all different leisure users of the harbour to enjoy their sports. The swim zone is LARGE, please stay inside it! As you stand on swimmers' beach and look out to sea, the swim zone is as follows:

- To the right – you can go as far as red buoy (roughly in line with the last pole)
- In front – you can go as far as the buoy lines. When you reach the final buoy towards the ferry wall you will be able to see 2 white lines painted on the wall, these mark the end of the swim zone.
- To the left – you can go as far as the ferry wall
- By the beach – always swim outside of the groynes and poles – they mark hazards.



Personal Preparation

Swimming hats

Swimming hats are mandatory both for identification and for heat retention. The colours required are part of our safety procedures: Soloists - red; Relays (or swims that don't require feeding) - yellow; Aspire relay on an Aspire training day - green; those swimming 'Just for fun' - purple. You can wear any hat that meets these colour requirements. Please only wear one hat if you are training for an event that stipulates only one hat (e.g. English Channel). When exiting the water, leave your swimming hat on until you have a warm hat to replace it with

Goggles

It's worth using the goggles that you hope to wear on the big day. Conditions can vary so it's useful to have both tinted and clear goggles (clear goggles are **essential** for any night swims). Some people choose to wear lenses that react to sunlight to give a best of both worlds.

Earplugs

Earplugs are highly recommended. They will make a massive difference to how you perceive the cold.

Suncream

Always wear suncream. Even on a gloomy day you'll risk sunburn without protection. Aim to apply water resistant suncream at least 30 minutes before you swim. Reapply before any subsequent swims.

Swimming safety

Signining in and signing out

You will have a number written on your hand and this is the number that you quote when you get out (and back in for subsequent swims) and at each feed. This is an important part of our safety procedure and enables us to ensure that all swimmers are accounted for at all times. We can link the number written on your hand to the membership number that you signed in with, which in turn links to your emergency contact details.

Swim with others

One of the golden rules of open water swimming is to never swim alone. Ideally, find a buddy to swim with, you'll soon work out who is the same kind of pace as you. Swimming in a pod can also be a lot of fun and help on any days where motivation is lacking.

When in doubt

When in doubt, get out. You will learn your limits as you become more experienced. Assess your recovery, if you recover quickly, you probably could have stayed in. I'd rather the regret of getting out too soon, than the regret of simply getting too cold or acquiring an injury that is difficult to deal with.

This marks our swimming pool. Unless you are instructed otherwise during the briefing, please swim around it in an **anti-clockwise** direction. You don't have to do a full loop each time and you should assess the conditions in various parts of the swim zone and consider any areas to avoid based on safety and your ability. Despite that, it is still possible to have collisions, e.g. other swimmers (e.g. locals, leisure swimmers, those with other groups) may have their own pattern or swimmers who just can't swim in a straight line! I recommend you sight every 8-10 breaths or so to ensure you swim in the right direction and avoid collisions. If you already know that you can't swim in a straight line I suggest you either sight more frequently or choose a swim buddy who can swim in a straight line!

Valuables

We operate on a public beach. Avoid bringing valuables with you if you can. We will, generally, have a portable safe with us, so please leave any valuables such as car keys & wallets in there. Be discrete when asking for or sharing the combination. There have been thefts from the beach in the past. Please remain vigilant.

All things medical

You will have declared any relevant medical issues on your declaration. Please ensure that you keep this up to date. It's also helpful if you ensure that the beach crew are aware of anything that may be important on that day, e.g. if you have an inhaler that you may need to access, ensure that they know where to find it, or give it to someone. If you could have an allergic reaction to jellyfish stings, again, it's useful for the beach crew to be aware and know how to help you.

Alcohol & drugs

Alcohol adversely affects body temperature and may lull you into a false sense of security. If you have drunk too much the night before, have a hangover or are under the influence of drugs or alcohol, the beach crew reserve the right to refuse you the right to swim.

Stretching

If stretching before swimming is part of your usual routine, please do this before you leave home. Stretching before a cold water swim can cause muscles to stiffen or cramp when you get in. Instead get in and warm up gradually.

Watch out for each other

We are a team. Your safety is those around you. If you feel unwell or have a panic about something, attract attention of another swimmer and ask them to escort you out of the water. If you see someone bobbing or not looking quite themselves, please check if they are ok and help them back to shore if necessary. Attract the attention of the beach crew for anything you can't deal with yourself.

Sudden changes in weather

We will share information about forecast weather at the briefing, explaining any restrictions in the swim zone. If there are sudden changes in the weather and you should act appropriately and move into safe water as soon as possible or exit the water if appropriate. If you find that visibility is suddenly compromised and you become disoriented, stop and listen for traffic noises (distinctly different to ferry noises) and head to safety.

Currents and tides

The tides and currents aren't as strong in the harbour as they can be outside of the harbour, but are still there. It

In case of emergency

Exit points

Ensure you are aware of the points where you can exit the water. Swimmers' beach is the best choice if you are safe to do so. If you feel you need to exit at another point you can exit anywhere along the beach to the right of swimmers' beach as you look at the sea. Beyond the slopy groyne can be exited from. Between there and swimmers' beach is tricky. Always assess your safety before committing to a long stretch of water. Be aware that if you exit the water anywhere other than swimmers' beach that you will continue to get colder until you get to your warm clothing. Make sure you give your number in to the beach crew as soon as you can.

Whistles

You will occasionally hear whistles being blown. In the unlikely event that we need to evacuate the water, you will hear loud continuous whistling and see volunteers trying to get your attention. Get out and ask questions later.

Emergency contact details

It is essential that you keep your emergency contact details up to date on your membership profile. These will be used if you have an accident and are unable to call yourself. They will also be used if you become a missing swimmer (don't turn up for a feed or sign-out) and we can't get hold of you on your contact details. To avoid frightening loved ones, ensure you sign-out after every swim.

About Dover Channel Training

Emma has been running Dover Channel Training since 2016. Each year we register hundreds of swimmers training for various solo or team events around the world.

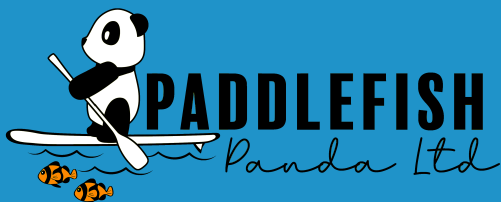
Channel swims aren't the only things that people who swim with the group train for. Other marathon swims are becoming more prevalent. Common examples are Catalina Channel, Windermere, 20 Bridges (Manhattan), Round Jersey etc. If it's long and open water, you'll find great support.

We rely on volunteers to make training run well and keep our costs down. So if you enjoy the support you get then consider joining the volunteer rota and giving back. If we all do that, we can keep the sessions accessible to all and you will learn a lot more about yourself and the sport.



If you would like to investigate sponsorship opportunities, please get in touch with Emma.

Dover Channel Training operates under the umbrella of **Paddlefish Panda Ltd**



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