

Aldeburgh Triathlon
Information for Swim Competitors

WARNING: COLD WATER SWIMMING CAN BE DANGEROUS

We want you to swim safely. Our guide below sets out the risks. Please read this before you make your final decision to compete. It's important that you make an informed decision and understand that although we take health and safety seriously we cannot eliminate all risks which might arise.

You should swim only if:

1. You are at least 18 years old.
2. You are a competent swimmer.
3. You do not suffer from any condition which is brought on or made worse by swimming* or exposure to cold§. Please read the non-exhaustive list of medical conditions below which could be made worse by swimming and/or cold.

You should be aware that:

4. Even for fit people swimming in the sea can be dangerous, and that the risks include: being swept away or under the water by tidal currents; slipping on wet pebbles; injury from foreign objects of the beach, e.g. discarded fishing tackle; severe reaction to jellyfish; cramp; medical consequences which can arise from immersion in cold water, including: hypothermia, slowing of heart rate and/or heart attack, cold water immersion (shock and panic caused by sudden immersion in cold water).

You must:

5. Obey the health and safety instructions given to you by The Race Director
6. Swim with due care for your own safety and that of others, and specifically:
 - Wear the provided coloured & numbered swimming cap
 - Display your race number marked on my hands
 - ***swim on your back, raise your arm and call for help immediately if you are in trouble***
 - Leave the water if signalled to do so.
 - Leave the water immediately if it is making you feel ill.
7. If you suffer any adverse medical consequences as a result of the swim you should please notify the medical officer as soon as you can.

** For example, if you have back pain which is aggravated by swimming.*

§This is an illustrative list of the medical conditions that might be brought on or made worse by cold, it is not exhaustive:

Heart conditions such as angina, previous heart attacks, heart failure.

Asthma especially asthma which is poorly controlled or brought on by exercise or cold weather.

Cold induced allergies such as angio-oedema.

A tendency to leg cramps.