

OPEN WATER GUIDANCE

Participating in an event where you are in open water carries more risk than those involving chlorinated water. The water is likely to be cold and you are likely to get VERY muddy! Open water environments are not sterile; there will always be some micro-organisms present and there is a very small risk of gastrointestinal infection from participating in any event of this type. Follow our guidance below to minimise the risks before, during and after the course.



Before

Complete the warm up to get your body ready for the challenge.

Make sure any cuts and grazes are covered with waterproof plasters to avoid infection.

If you are unwell with diarrhoea or vomiting within the 48 hours before or on the day of the event prior to attending please do not take part for your own safety and that of other competitors.

During

When entering the water take a minute to acclimatise yourself to the water temperature.

Try not to hold your breath for an extended time when you first get into the water.

Keep your mouth closed when submerged or in deep water and avoid swallowing any of the water.

Make sure you follow the marked course and always follow the instructions from the briefing.



After

Wash your hands and face thoroughly once you have finished your race and before handling food.

Remove any mud as soon as possible after completing the race - showers are available.

Wash your wet swimming kit with clean water after the event to remove any bacteria.

If you become unwell with gastrointestinal symptoms during the event or in the week following, please inform us and follow NHS guidance on [Diarrhoea and vomiting - NHS \(www.nhs.uk\)](https://www.nhs.uk)



For further information please visit [Swim healthy - GOV.UK \(www.gov.uk\)](https://www.gov.uk)