

# SWIMMING AT ELLINGHAM

## Introduction

Ellingham Waterski and Wakeboard Club is a private facility, which we are extremely fortunate to be able to access for our Open Water Swimming. Failure to abide by the following rules will jeopardise our future attendance it's also rude, please act in a respectful manner!!

## Safety

All swimmers must:

1. Hold a current individual BTF Membership
2. Be members of one of the following local clubs:

- Salisbury Tri Club
- Team Feat
- Zoom Tri Club
- Southampton Tri Club
- Team Synergie
- North Dorset Tri Club
- Vo2.co.uk

3. Complete and sign an indemnity form and abide by the safety rules / Guidelines. Please sign in on the board and tick box on exit from lake.

## Swimming session times

Open water swimming:- Wednesday / Saturday \*\*  
from 0600 till 0800, off site by 0830.

***\*\*NB first Saturday in each month the lake is unavailable for swimming due to disabled Waterski sessions.***

## **Other**

### **Car Parking:**

- Only on the area to the right as you enter the Lake (Transition for RNF events)
- Limited to the duration of the Swim session, Swimmers need to be off-site by 0830 when the Lake opens for skiing. If you intend to go out cycling or running you will need to relocate to one of the public car parks, of which the nearest is at Moyles Court ford.

### **Clubhouse Care**

- Wetsuits to be removed before entering the clubhouse
- Showers will be charged for at an extra 50p to contribute towards the costs of emptying the septic tank!!!