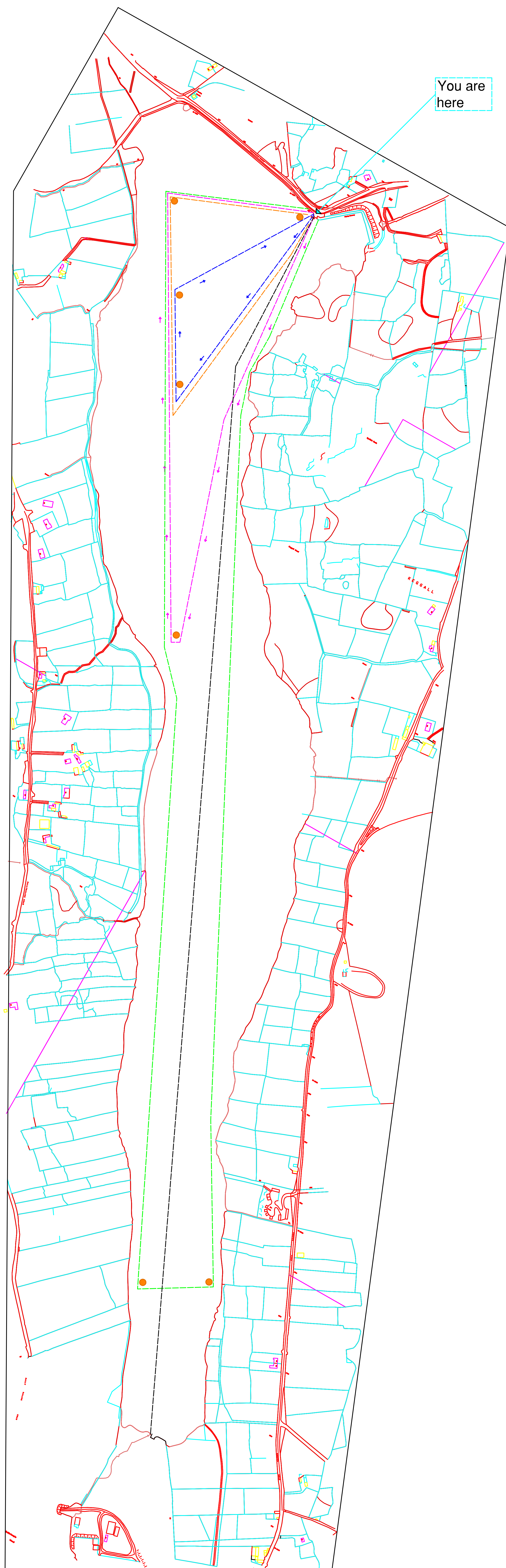


Camlough lake open water swimming information



Swimming courses

- 750m course
- 1000m course
- 1900m course
- 5K + 10K course
- 2.82K course

SWIM SMART SWIM SAFE

THERE IS NO LIFE GUARD ON DUTY

As an open water swimmer you agree to swim entirely at your own risk and in the unlikely event of an injury, accident, loss or damage suffered, regardless of however it may be caused no responsibility whatsoever shall be attached to the organizers, sponsors, or any person involved in the organisation of the open water swimming at Camlough Lake.

This **Code of Practice** has been established with safety as the most important concern but we are also dedicated to helping you have a really enjoyable experience whilst open water swimming.

All swimmers should be **healthy** and have no known medical conditions.

All swimmers should swim within their **own ability**.

It is recommended that you refrain from swimming in Camlough Lake when the water temperature is below 11 degrees Celcius.

Swimmers are advised to wear a wet suit. This will not only keep you warm but will also act as a buoyancy aid.

Swimmers should wear a brightly coloured swimming cap to ensure they are seen.

Any one 16 years and younger should be accompanied by an experienced guardian.

First timers should not swim alone, until competent to swim in open water.

Always swim with a buddy if possible, if not swim with a Buoy.

In case of emergency. Raise your arm for attention. If you cannot get to shore, roll onto your back and if possible raise your arm and wait for help.

Swimming buoys are for everyone's use, please return to the store when finished -
A STOLEN BUOY IS A STOLEN LIFE

NO DIVING – diving head first is also prohibited.

No person shall swim from property adjacent to the lake without owners consent.

Swimming is prohibited ½ hour before sun set and ½ hour before sun rise.
The exception is official organised night swims.

Water craft must move slowly through the water and look out for swimmers at all times and especially moving through the swim course.

Swimmers should not hold onto water craft unless in an emergency.

Be safe and enjoy open water swimming at Camlough Lake.

For information on events at Camlough Lake please visit www.newrytriathlon.co.uk www.clwf.eu and also the Camlough lake Newry Triathlon Club and Crooked Lake Triathlon facebook pages



For information on upcoming events see www.clwf.eu & Facebook