

# **Open water swimmer's information pack**

**Please read through this pack before  
you start swimming.**

**There are two forms at the back of the  
pack which will need to be returned to  
us before you start swimming. These  
are in duplicate, one for your records  
and one for ours.**

## Rules, Terms & Conditions For Open Water Swimming At Talkin Tarn 2024



1. The Course is approximately 450m long in one direction and 900m long in total to return back to the start.
2. Swimmers should only enter the water directly to the left of the Alex Boathouse (as you look at the water). From here swimmers should swim to the smaller boathouse on the opposite shore and then return back to the Alex Boathouse. Swimming parallel to the Tarn edge can only be done heading left towards the Tearoom within the no fishing zone to avoid entanglement with fishing lines. This zone is marked on the map on the notice board in the car park and the stone plinth by the water entry area and will be pointed out to you as part of your induction.
3. Swimming can only take place at specified times as given below to avoid the main sailing and rowing club usage for the safety of all water users. However this time is not exclusive use and other boats may still be on the water and it is up to the individual to ensure that other water users are aware of your presence before entering the water.

### Swimming Times (not exclusive use)

- a. Mon 8am – 10pm
- b. Tues 8am – 4pm
- c. Weds 8am – 11am
- d. Thursday 8am – 11am
- e. Fridays 4pm -10pm
- f. Sat 4.30pm until 10pm
- g. Sun 4pm until 10pm

No Swimming can take place on the 1<sup>st</sup> Saturday in July each year until after 7pm as this is the rowing club regatta. Other events happen on the water during the year and the events page on the website should be checked. During the school summer holidays, rowing boats are hired on the Tarn between 11am – 5pm daily and swimmers should watch out for these inexperienced rowers!

**Please make sure you adhere to the swimming times, they are for your safety and that of other water users.**

4. Talkin Tarn staff reserve the right at any time to refuse entry into the water of any swimmer who is deemed unfit to take part.
5. There will be no swimming if weather conditions are severe.
6. Whilst extremely unlikely, swimming will not be permitted if the water quality falls below the recommended EEC levels for bathing.
7. Swimmers must at all times wear their Talkin Tarn swimming cap in the 2024 colour, whilst swimming at the Tarn to enable identification.
8. Swimming is only permitted between 1<sup>st</sup> April and 30<sup>th</sup> September each year. **At temperatures less than 11°C no swimming will take place.** Please also take into consideration air temperature and wind strength.
9. Wetsuits are mandatory and must be worn at all times. They must fit correctly and be suitable for the purpose of swimming.
10. Guidance on water temperatures can be sought from the Talkin Tarn website [www.carlisle.gov.uk/talkintarn](http://www.carlisle.gov.uk/talkintarn). This will be updated every Monday.

11. Young swimmers aged 16 or 17 years must be accompanied by an adult swimmer and provide written parental consent.
12. Children under the age of 16 may only swim as part of organised club sessions or formal training courses unless proof of ability **and** written parental consent can be given to the site managers satisfaction. They must be accompanied by a 'responsible adult' (2 children max/adult). The children and the 'responsible adult' must swim together.
13. All swimmers must swim with at least one other adult swimmer.
- 14. All swimmers must be accompanied by at least one buddy swimmer.**
15. No safety boat or lifeguard cover is provided, and swimmers do so entirely at their own risk.
16. Four Life rings are provided around the Tarn (see map for their location) No first aid cover is provided. If you need assistance please raise the alarm with the tearoom. There are first aid kits contained in the tearoom and takeaway/shop areas. In an emergency call 999 and ask for the coastguard if the person is still in the water. In the case of an emergency throw lines are also available from the takeaway area between 10.30am – 4pm daily.
17. Use of the changing rooms is provided and we recommend showering to remove any weed or blue green algae from skin and swim clothing before leaving the site.
18. Talkin Tarn often contains blue green algae. This situation is monitored by site staff who carry out regular water sampling. Swimmers should check the current warning level on the car park or changing room notice boards on arrival. Green means there is no algae, amber means there is some and you should make a personal judgement, red means no swimming as the algae levels are too high. Be aware that algae levels tend to be higher on the lake margins where scum forms. Please keep out of these areas where possible. A full information sheet on blue green algae is attached.
19. Be aware that the Tarn has various types of weed that grow under and on the waters surface and could pose a risk to swimmers from entanglement.
20. Many wild birds use Talkin Tarn and swimmers should be aware of the potential risk from some of these particularly the swans during breeding season when they can become very territorial and potentially aggressive. Avoid the birds where possible.
21. A map of Tarn water depths will be issued to all swimmers.

**Any failure to comply with any of these terms and conditions will result in you being asked to no longer go swimming in Talkin Tarn.**

#### Hygiene Advice

Minor cuts and abrasions must be covered with a plaster. If you have any deep cuts it is recommended that you do not swim. Likewise, do not swim if unwell or taking medication which affects you adversely and please do not endanger yourself and others if under the influence of alcohol or drugs.

Try not to ingest any water and after swimming it is good practice not to eat until you have washed hands in fresh water, and take a shower at the earliest opportunity. Rinse out swimming kit after use.

If you are unwell after open water swimming and suffering with flu-like symptoms/severe headaches, see your GP as soon as possible and state that you have been swimming in open water. You could be suffering from Leptospirosis (or weill's disease) and early diagnosis and treatment is paramount. These conditions are rare but can be picked up from open water swimming. Likewise please see your GP if you develop any skin rash which may be caused by blue green algae.

# **Open Water swimming**

## **Frequently asked Questions**

### **Can we receive postal payments?**

Yes as long as they have downloaded and read the documents on the website and include their signed registration form and declaration form with their payment. Cheques should be made payable to Cumberland Council

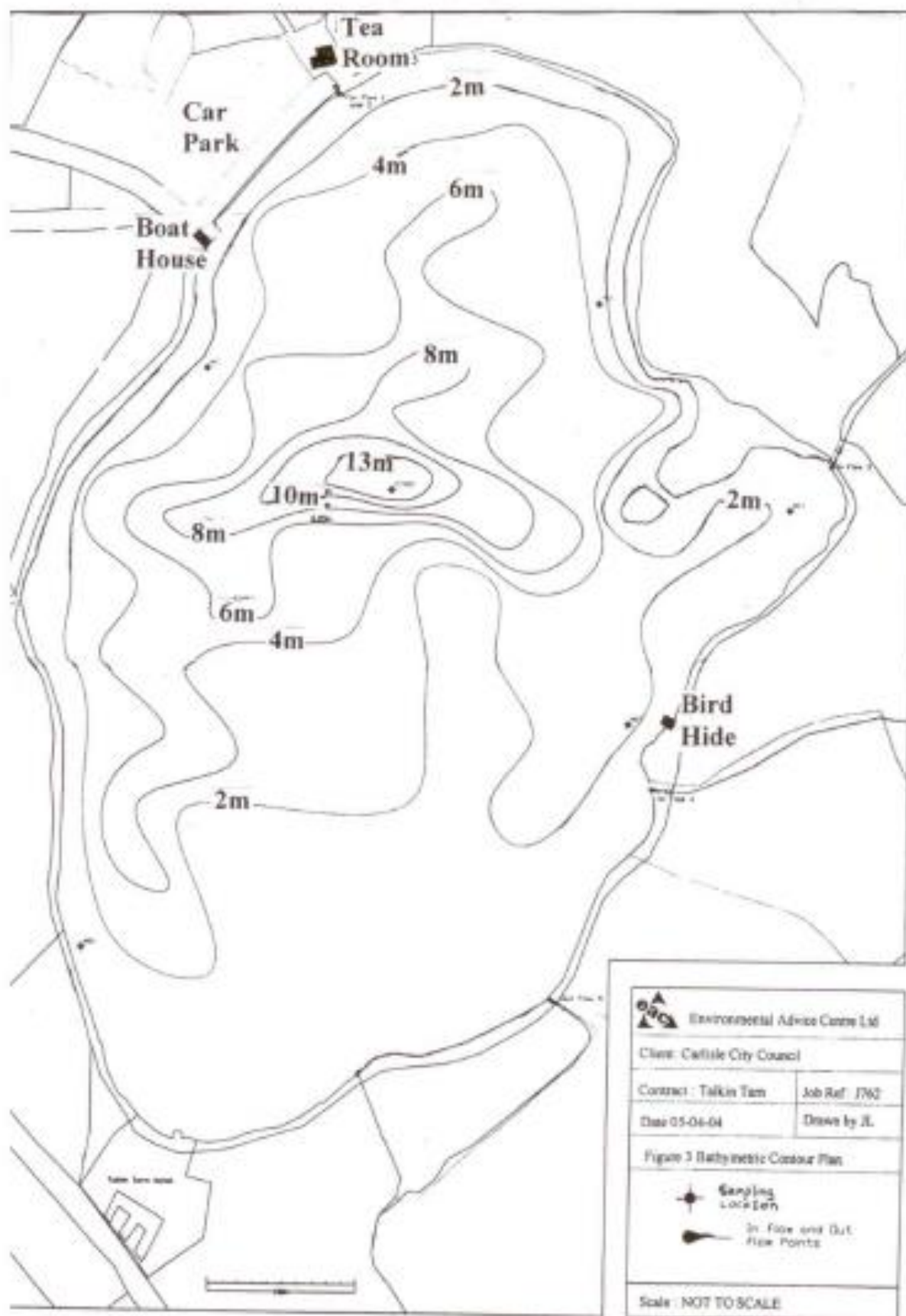
### **Can someone have a kayaker with them instead of a swimming buddy?**

Yes this is fine as it is in fact much safer. No payment required by the kayaker as long as they are there to solely support the swimmer. The kayaker must abide by normal rules for using the tarn (see normal boat launch conditions)

### **Questions about open water swimming or training.**

Please refer them to Barry Jameson 01434 344284 [www.tri4u.co.uk](http://www.tri4u.co.uk)

## Water Depths Contour Chart Of Talkin Tarn



## Open Water Swimming Registration 2024



### Swimmers Details

Name	
Address	
	Postcode
Tel (day)	Tel (evening)
Email	Child(under 16) Young Swimmer (16/17yrs ) Adult 18yrs or over (please circle as appropriate)
Are you a member of a triathlon or swim club? YES/NO	If yes which one?

### Emergency Contact

Name	Relationship
Tel (mobile)	Tel (day/eve)

I have received and signed copies of the Acknowledgement Of Risk Declaration and the Rules, Terms & Conditions for open water Swimming At Talkin Tarn.  
YES/NO

I enclose payment for one season 1<sup>st</sup> April – 30<sup>th</sup> September 2023 at a cost of £15.00

For this cost I receive use of Talkin Tarn at the times stated, use of changing and shower facilities, and a swim cap that must be worn at all times while swimming at Talkin Tarn.

Signed	Date
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# Acknowledgement Of Risk 2024 Open Water Swimming at Talkin Tarn



**You are required to sign this declaration annually upon payment of membership.**

1. I acknowledge that I have read, understood and will comply with the Open Water Swimming Rules for Talkin Tarn Country Park
2. I completely understand and appreciate the inherent risks involved in unsupervised open water swimming including the possibility of serious injury or death.
3. I understand that Talkin Tarn is an unsupervised Open Water Swimming venue and as such, swim entirely at my own risk.
4. I hereby certify that I am physically fit and well to participate in any such training and events and that I do not know of any medical condition which would make it inadvisable for me to swim in the Tarn. Furthermore I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health.
5. I undertake at all times to use my best endeavours to train in a safe manner and not to do anything which would expose me or fellow swimmers to unnecessary risk or injury.
6. I hereby declare that within the last 12 months I have swum 750m in Open water and have swum 16 lengths (400m) without stopping in a standard sized (at least 25m long) swimming pool.

By signing this document you are stating that you acknowledge, understand and will comply with the relevant points outlined.

First Name:

Surname:

Address:

Postcode:

Today's Date:

Signature:

## Parental Consent Form

I hereby declare that I have read and understood all the Terms and Conditions including those for swimmers under 18 years old.

The sections that apply specifically to persons under 18

1. Young swimmers aged 16 or 17 years must be accompanied by an adult swimmer and provide written parental consent.
2. Children under the age of 16 may only swim as part of organised club sessions or formal training courses unless proof of ability **and** written parental consent can be given to the site managers satisfaction. They must be accompanied by a 'responsible adult' (2 children max/adult). The children and the 'responsible adult' must swim together.

I declare that my child is suitably experienced to undertake open water swimming and will abide by the terms and conditions.

Name of Adult (print)

Signature

Name of Child (print)

Date

Relationship to child

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