



Swimming Policy

Reading Canoe Club recognises that jumping in and swimming in the river can be an important part of developing water confidence and for the enjoyment of the environment we have the privilege of spending so much time in. However, we also recognise that there are inherent risks with this. The following is policy for all juniors and guidance for adults.

Note: Adults swim at their own risk and remain responsible for their own safety and that of other river users. However, they should behave in an appropriate manner and are encouraged to follow the same guidelines as outlined below for the junior members of Reading canoe club.

Guidelines for juniors

- If swimming is a planned part of the session (i.e., a capsize drill session or swim test) then this must be suitably risk assessed and supervised.
- Anyone swimming or jumping in must wear a buoyancy aid.
- Jumping in will be for a limited period of time at the end of the session at the safe zone only. (outlined below)
- All juniors must be supervised by a coach or a nominated adult when jumping in.
- No pushing nor diving or the perpetrator will immediately be suspended from the next session.
- Footwear in the form of paddling shoes or neoprene socks is strongly advised for all paddlers.
- No swimming across the river from the club (except if a risk assessed part of the session).

The “safe zone” is identified as between the 2 sets of steps and no more than 5m (a small K1 length) from the bank. In this area there is an easy exit, and the swimmer is protected from other river users by the coaching boats. Beyond this the swimmer is at risk from other river users.

If any injuries occur, swimming and jumping in will be suspended until the cause can be determined and, if needed, removed. Coaches are to report injuries.

No glass or breakable items are to be taken below the steps e.g. no glasses, glass bottles, mugs.

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