

Wednesday 6am *with Garry*

Swim Guidelines

Wednesdays have become more and more popular and participant numbers have ballooned! This growth in numbers has resulted in a much broader range of ocean swimming skills and confidence across participants.

To help keep everyone safe, we have developed the following guidelines for participation. We ask EVERYONE to take the time to read, adopt, and help engender in other participants.

- **Swim within your own limits, and within your comfort zone on any given day.**
This is not a formal swim (i.e. there is no insurance, swim coach, or water safety provision). Therefore **you** have to make the decision to swim or not (don't feel pressured if there's a large group).
As a rule of thumb, if swimming across the bay, you should be able to get back to the beach from the south end if you have to - however big the swell.
If you can't do this, then you shouldn't go across on that day.
(An example of when you may need to go directly to shore is if you've been stung by blue bottles and have an adverse reaction.
This is based on an experience of one swimmer who was stung severely and had to swim in at the south end, and go directly to hospital as they were having trouble breathing).
- **Decide on the beach if you're going across, or doing ins-n-outs**
(not once you're out the back). If you're late, or miss the count, join the next round of ins-n-outs when they have returned to shore. Do not go across on your own.

Whether swimming across the bay, or doing ins-n-outs

- **All regular participants must be on the 6am with Garry WhatsApp chat.** It's where you will find out any information about the swim group.
- **All participants must wear a pink fluoro cap, every week.** No excuses. These are available to purchase every week for \$10 cash from Garry
- **If you bring someone new along for a swim you must introduce them to Garry, Kimberly, Marc, Cristina or Charlie** prior to the swim.
- **you MUST have a buddy** (or to a max of 3).
- **You MUST stay with your buddy** - you should keep them approximately 5 or less metres away from you, and always within sight. (find a buddy that is a similar speed to you)

If swimming across the bay, split into groups of around 10 (or less) and **have an agreed group leader**.

The leader is responsible for their group as follows:

- Headcount prior to entering the water, midway (if applicable) and on return to shore
- Checking all participants have a buddy
- Deciding when to continue, go back etc.
- Deciding if you're going to stop in the middle or go straight across. At each confirmed stop, recount everyone in the group.

- **When going in a group, STAY with the group** (i.e. don't decide to turn back on your own without telling anyone. If you want to go back, your buddy must go with you and you need to let the group leader know). Similarly, if you stop in the middle, wait until everyone has been accounted for before continuing to the end.

- **Pick a group of similar ability (and/or use fins)**. When people are waiting, there is a tendency to continue on (as you get cold, bored etc). It's also not very nice if you're at the back swimming on your own.

- **If you are feeling unsure about the swim let your group leader know while you are still on the sand**. Often a strong swimmer will be happy to go across with a slower group, or nervous swimmer, as long as it's agreed on the sand.

- Everyone has good and bad days, don't let embarrassment or bravado put you, or others in danger.

- **Swim wide if in doubt, you can never be too far out at Bondi**. You're safer out the back and out of the way of rogue waves (which can catch you out, even on calm days). Again, this is based on someone getting caught by a rogue set and getting rescued by a surfer (and the rest of the group being unaware at the time).
As a general rule:
 - **go to the left of the Bergs when heading south** (or further towards Marks Park on bigger days), and
 - **swim north towards the pine tree on the horizon** (or Boat Ramp, on bigger days).

- Let whoever's responsible for the group know if you're asthmatic or anaphylactic (the last being especially relevant on days where there are a lot of bluebottles as you may end up having an allergic reaction).

If you're worried, stick to ins/outs for this session - we're there every Wednesday! :-)

This is a living document, created for the benefit of all. if you have any comments or suggestions for inclusion please speak to Garry, Kimberly, Marc or Cristina