



General Safety Rules for Swimming at Collingwood Dock

- All swimmers must sign our waiver form, provide an emergency contact, and declare any medical conditions
- Swimmers must be fit and healthy and have no known medical problems that inhibit open water swimming
- All swimmers must wear a bright swimming hat. Hats available to buy at reception for £1.
- “Skins” (non-wetsuit) swimmers must provide evidence of recent swimming in similar temperatures for similar time periods, and wear a tow-float
- There will be no swimming if the weather is deemed too severe
- All swimmers new to open water swimming must start on the 150m marked course
- The larger 375m course (4 laps is 1.5km) is for experienced open water swimmers
- Last swim entry is 30 minutes before close
- If at any point you need assistance float on your back and wave one of your arms in the direction of our safety kayak/SUP
- Competent children age 13+ can swim on the 150m course as long as a parent or guardian is on site. All children must wear bright cap, wetsuits and tow-floats to swim.

Safety is very important to us, please abide by these rules to help to make your experience safe and enjoyable.