



# Swimming & Watersports Safety

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## Policy Statement

- a) All guests taking part in watersports activities must fulfil the minimum standard for water confidence
- b) The minimum standard for water confidence is defined as:
  - Ability to duck head underwater
  - Confidently swim 15 metres in a life jacket or buoyancy aid without signs of panic
- c) Lifejackets or buoyancy aids are always worn for watersports, except for swimming, body-boarding, surfing and snorkelling sessions – where if participants are able to swim 50 metres or more, they are not required to wear them

**Party Leaders are advised to check that the PGL Swimming & Watersports Safety Policy conforms to their Local Authority Guidelines.**

## Swimming outside of structured sessions

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Before you (the Party Leader) allow your group to swim outside of structured session time it is your responsibility to:

- Understand that PGL staff are unable to supervise or assist with the supervision of your group
- Be aware of the potential hazards and continuously assess the situation from a personal and group safety perspective, adjusting any controls accordingly
- Take appropriate guidance on the suitability of weather and water conditions (local knowledge of water conditions and other users will be made available by PGL)
- Ensure you observe local regulations (information can be made available to you by PGL)
- Buoyancy aids may be made available if operationally possible. If using Personal Protective Equipment (PPE) as part of the swim, ensure this is correctly fitted at all times, as incorrectly fitted PPE can have a detrimental effect on swimming ability
- Carry out any first aid required. However, PGL staff will assist if circumstances permit
- Contact the emergency services should you require their assistance (PGL staff will assist if circumstances permit)