

GENERAL TERMS AND CONDITIONS

You must fall within our operating activity requirements.

REQUIREMENTS

- Minimum Age: 18 Years Old | To swim under the age of 18 participants must hold an ASA L1 Open Water Award and accompanied by an adult | Must be able to swim 100m unaided and confidently

HEALTH AND FITNESS:

All participants must be reasonably fit and healthy, accepting the risks of physicality within this activity. Acknowledging there is always a small risk of injury, especially if instructions are not followed.

Participants **cannot** wild swim if:

- They cannot swim 100m unaided
- They are under the influence of alcohol or drugs

We cannot provide medical advice or list all medical conditions. Consult a doctor if you are concerned about your health. Even if your doctor has advised that you can participate in these activities, Participants **must** disclose any medical conditions to the site in advance.

Pregnant women can swim with a tow float, but once the pregnancy starts restricting movements, they should remain within 50m of the entry point.

Participants should avoid ingesting the water and always wash their hands properly after. This is at the responsibility of the participant and not Hangloose Adventure.

BOOKING / REFUNDS:

All bookings and vouchers are non refundable, however, if your booking is changed/cancelled by Hangloose Adventure due to the weather or for any other reason, we will offer you an alternative activity (this is subject to availability on the day), the chance to re-schedule or a full refund.

Up to 48 hours in advance before your booking, you can move the activity date, subject to availability, or postponed it, or have a credit on the account, or change to our other site free of charge.

Within 48 hours if you want to make a change to your booking, for example change to a different day or postponed this will incur a £5 admin charge per person.

Any questions please email 'info@hanglooseadventure.com' or call us on 01285 640600

YOU MUST WEAR:

- Appropriate swimwear
- Tow float - you can purchase these on site or bring your own
- Wetsuit if the water temperature is below 12 degrees - These can be hired on site (subject to availability) or participants can bring their own.

WILD SWIM

WINTER TERMS AND CONDITIONS

You must fall within our operating activity requirements.

REQUIREMENTS

- Minimum Age: 18 Years Old | To swim under the age of 18 participants must hold an ASA L1 Open Water Award and accompanied by an adult | Must be able to swim 100m unaided and confidently

HEALTH AND FITNESS:

Participants **cannot** wild swim if:

- They cannot swim 100m unaided
- They are under the influence of alcohol or drugs

Cold water has many health benefits, it can however be dangerous and should only be attempted in a safe and controlled environment. Our number one objective is the safety of our visitors, but as with many aspects of life there will always be an element of risk.

Swimming can be hazardous, and these hazards are magnified in cold water, the risks are:

- Drowning – Cold water immersion can fog the brain, reduce blood flow to extremities and incapacitate swimmers. A tow float will help but will not guarantee your safety.
- Cardiac Arrest or stroke, are amongst range of potentially fatal conditions which can be caused by cold-water immersion
- Hypothermia – just a one degree drop in your core temperature can bring on hyperthermia.

We do have hot showers at the edge of the lake

If you are over 50 and have health concerns or family history of conditions, we strongly suggest seeking medical advice before engaging in cold water swimming. The risks of cold-water swimming should not be underestimated. If you engage in cold water swimming you are accepting that this is a potentially hazardous activity and accept the risk.

As the operator of the lake, we have a duty of care and consequently the following rules are mandatory and designed to safeguard swimmers

- Swimming can only take place in normal day light, opening hours will be restricted. Early morning and early evening slots will not be available.
- Over the winter the wild swimming must be booked at least 24 hours in advance to ensure lifeguard cover
- When the lake temp drops below 12, wet suits are mandatory for swimming **the full route** and water time is limited to a max of 25 minutes, tow floats will be mandatory.
- When the lake is below 12 degrees and participants don't want to wear a wet suit, we consider this a 'plunge dip' - participants must bring a friend and stay within 10m of the entry point.
- Pregnant women can swim with a tow float, but once the pregnancy starts restricting movements, they should remain within 20m of the entry point.
- These rules may be updated at short notice, access to the lake can be withdrawn on the ground of safety
- As temperatures reduce throughout the winter, the swimming area will be reduced.

WILD SWIM

WINTER TERMS AND CONDITIONS

GUIDE TO SWIM DURATION:

TEMPERATURE	DESCRIPTION
0 to 5 degrees	The preferred temperature for extreme winter swimmers. Causes pain and takes your breath away. Except for the very experienced, and only under strict supervision, swims should be limited to a few minutes. Enjoy the buzz when you get out.
5 to 10 degrees	Typical lake and river temperature in early spring. Still painfully cold and not recommended for anything other than very short swims (5 to 10 minutes) unless you are very experienced.
10 to 15 degrees	Open water starts reaching these temperatures in late spring around much of the UK. At the lower ends, it will still feel extremely cold initially, but longer swims are now possible. Experienced swimmers can manage several hours or more as the water approaches the mid-teens, but hypothermia is still a big risk.

Source [Outdoorswimmer.com](https://www.outdoorswimmer.com)