



15622 Country Club Drive
Mill Creek, Washington 98012
office@WESTswimteam.com
425.379.8806

WEST Open Water Swimming Guidelines

To participate in the WEST open water swims at Martha Lake you must have a wetsuit and be in Challenge, Accelerate, Senior or Senior Elite. Wetsuits may be rented through the front office for \$10 per day, please email the office for more information or to reserve one. Do not come to open water swims if you feel ill, or have been in contact with somebody who had covid-19 symptoms or tested positive in the last 14 days.

Swimmers will be grouped by speed/ability with a maximum of 12 swimmers per boat. Each swimmer must use a floatation tube, provided by West. Wearing a brightly colored cap is recommended.

Swimmers must sign up ahead of time at this link ([click here](#)) and arrive at the lake early to get wetsuits on. It is crucial swimmers are on time so the group can stay together in the open water.

At the lake, swimmers will enter the water from the dock at the beach. Coaches will be waiting in kayaks 25-50 yards from the dock and the group will meet in the water to agree on a sighting point before starting the swim. Swimmers should plan to sight every 4-6 stroke cycles to make sure they are going straight and staying with the group.

Rules While at Lake:

- Stay 6 feet apart from others at all times.
- Swimmers will come in their suits and leave in their suits - no changing at the lake.
- If athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/ sneezing dissipates.
- Arrive as close as possible to when your swim begins, and leave immediately following.
- No sharing equipment including water bottles.
- Avoid touching gates, benches etc.
- Do not touch your face.
- Wash your hands or use hand sanitizer before coming to swim, and when you leave. Shower as soon as you return home.

Participation Waiver

I, _____ (print parent name) as the legal guardian of
_____ (print swimmer name) give permission for them to participate in West Coast Aquatics' Open Water practice. I release West Coast Aquatics and its coaching staff of any liability and agree to the Open Water Guidelines outlined above. I understand that transportation to and from the lake is my responsibility and my swimmer will adhere to all West Coast Aquatics rules, policies and coach instructions.

Signature: _____ Date: _____