

## TriFarm Boreham: 2015 Induction/Rules.3

Your Details	
Name	
Address	
Mobile No	
Phone No	
Email	
Emergency Contact 1	
Emergency Contact 2	
Emergency Contact 3	

1. DO NOT PARK ON THE ACCESS ROAD – THIS MUST BE KEPT CLEAR FOR ANY EMERGENCY VEHICLES.
2. Park on the raised area to the left of the access road.
3. Flags: No unsupervised swimming is allowed.
  - a. If the GREEN flag is flying you are free to swim.
  - b. If the RED flag is flying No swimming.
  - c. If the entrance gate from Church Lane is shut then there is no swimming.
4. All athletes must sign in at reception, and pay before using the facilities.
5. INDUCTION: All athletes, on their first visit of the season, must complete the safety briefing before using the facilities. This will involve a short supervised swim to demonstrate competence. Successful completion will be signified by the award of a Trifarm swim hat, which must be worn on all subsequent swims at this site. These hats are not transferable.
6. The Emergency Signal is a long air horn blast. On hearing the air horn;
  - a. All swimmers to immediately swim to the lakeside and exit the water at the nearest point and make their way back to the wristband board if safe to do so.
  - b. All cyclists to clear access road and make their way back to transition if safe to do so.



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156 Norwich Road  
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- c. All runners to cease running and make their way back to transition if safe to do so.
  - d. No-one is to leave the site unless directed to do so by TriFarm staff.
7. The Caution signal is a whistle blast. If swimmers hear a whistle then they should pause and look to nearest supervisor and act on any instruction given.
8. Wetsuits are compulsory, unless otherwise shown.
9. Swimmers must sign in/out of the water at the wristband board.
10. Trifarm swim hats to be worn in water at all times. Other swim hats may be worn underneath, but Trifarm hat must be clearly visible. NO HAT-NO SWIM
11. Swimmers advised to acclimatize to the water before swimming, ensure hats and goggles are properly adjusted.
12. Swim clockwise from entry point, keeping marker buoys to your right hand side.
13. Pass on left where possible.
14. If distressed then swim to nearest bank, if this is not possible then turn on back and raise arm into the air.
15. Obey supervisors at all times.
16. Rack bikes to face away from water so they point towards farm access track.
17. No riding on farm track. Athletes must run bike to gate before mounting, and dismount at gate on return before running to transition.
18. Cycle route is on public roads. The route is not marshaled. Bikes must be road legal, helmets to be worn and lights used as necessary.
19. Cycle routes involve right hand turns and crossroads. Obey the Highway Code and ride appropriately. Be courteous to other road users.
20. If a major problem then phone Trifarm on 07546 560765 and we will try and arrange recovery of you and your bike.
21. Run clockwise around the lake.
22. Keep to the right hand side of the track, allow passing to your left.
23. Exit final lap from left hand side of track.



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24. Secure your valuables in your car. Do not leave them in the changing room. Trifarm accepts no responsibility for losses so incurred.
25. Use the portable toilets provided do not use trees or watercourses.
26. Park carefully. Pay particular attention when driving on farm track to avoid athletes leaving or returning with their bikes. Give way to athletes until you are on public roads.
27. If you are unsure, please ask. We want you to have a safe and enjoyable experience at Trifarm.
28. **PERSONAL HEALTH:** You are advised in the event of any known pre-existing medical condition such as;- Asthma, Epilepsy, Diabetes or Pregnancy, or if you are over the age of 50 to seek medical advice before participating in any strenuous physical activity.



<b>For Trifarm Use</b>	
Induction date:	
Briefing given Yes/No	Checked by:  Customer Signature
Acclimatization Yes/No	
800m swim Yes/No	
Hat given	YES/NO

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