

Swim Ireland Open Water Safe Supervision Guidelines

Swim Ireland Qualification	Participants	Age	Maximum Coach: Participant Ratio*	Safety Requirements**	Comments
Swim Ireland Level 2 Open Water Swimming Coach with Level 2 Swimming Teacher <u>AND</u> Swim Ireland 4 x Teaching in Open Water CPD	Non Swimmer / Beginner / Improver	Under 18 <u>AND</u> 18 and Over	1:12	Beach Lifeguard <u>OR</u> First Aider/Pool Lifeguard and Kayak/SUP support (Buoyancy Aid should be worn) Tow Floats should be worn	Wetsuits always recommended
	Competent Pool Swimmer <u>AND</u> Beginner Open Water Swimmer	Under 18 <u>AND</u> 18 and Over			
Swim Ireland Level 2 Open Water Swimming Coach	Beginner Open Water Swimmer	Under 18 <u>AND</u> 18 and Over	1:20	Beach Lifeguard <u>OR</u> First Aider/Pool Lifeguard and Kayak/SUP support (Buoyancy Aid should be worn) Tow Floats should be worn	Wetsuits always recommended
	Competent Open Water Swimmer	Under 18			
		Aged 18		Tow Floats should be worn Kayak/SUP support is recommended (Buoyancy Aid should be worn) Spotter on land (this can be the Level 2 OW Coach)	Wetsuits recommended - swimmer discretion
		Over 18			

*Please note these are MAXIMUM ratios. Ratios are dependent on weather and water conditions and should be risk assessed prior to any participation in open water swimming. In some situations it may be necessary to reduce numbers dramatically to ensure the safety of all participants

**Swim Ireland recommend that any individual providing water-based support (eg on kayak/SUP) should wear a buoyancy aid

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Swim Ireland Level 2 Water Polo Coach <u>AND</u> Swim Ireland 4 x Water Polo in Open Water CPD	Water Polo Players	Under 18	1:20	Beach Lifeguard <u>OR</u> First Aider/Pool Lifeguard and Kayak/SUP support (Buoyancy Aid should be worn)	Wetsuits recommended
		18 and Over	1:30	Kayak/SUP support is recommended (Buoyancy Aid should be worn) Spotter on land (this can be the Level 2 OW Coach)	Wetsuits recommended – swimmer discretion

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**Swim Ireland recommend that any individual providing water-based support (eg on kayak/SUP) should wear a buoyancy aid

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