



# Metherringham Swimming Pool

## COLD-WATER SWIMMING SAFETY PRACTICES

### 1. **Avoid Cold Water Shock**

Enter the water slowly and consistently paying attention to your breathing. Cold water shock is an instant reaction, and a swimmer will gasp and find it hard to exhale or control their breathing. Do not jump into cold water, the gasping reaction can happen under water leading to a risk of drowning.

### 2. **Wear Appropriate Gear**

Choose the swimming kit most appropriate for you. This could include a wetsuit, neoprene gloves, booties, and swim cap to provide additional insulation.

### 3. **Gradual Acclimatisation - Monitor your Time in the Pool**

Gradually acclimatise your body to cold water. Keep swims short, especially when starting out or in extremely cold temperatures, to reduce the risk of hypothermia.

### 4. **Warm-Up Properly**

After swimming, have a warm hat ready to put on. Change into dry, warm clothing quickly, multiple layers are best including a good thermal base layer. Use warm drinks and snacks to help raise your body temperature gradually. Avoid hot showers and baths until you are warm again.

### 5. **Emergency Plan**

Have a clear plan in case of emergencies. Know how to get out of the water quickly, the location of the nearest phone, and emergency contact numbers. You are likely to recognise the signs of hypothermia in others before they do. Know what to look out for: pale skin, blue lips, shivering, slurred speech, confusion or disorientation, slow to respond to instructions.

### 6. **Weather and Conditions**

Check the weather and water conditions before each swim. Swim within your experience or with someone who has cold water swimming experience.

7. **Respect Your Limits**

Listen to your body and know your limits. Get out of the pool feeling as if you could have done more, rather than waiting until you feel you could not go on. If you feel unwell, disoriented, excessively cold, or tired, exit the water immediately.

8. **Pool Temperature Thermometer**

Meg Pool is equipped with a real-time, WiFi-enabled pool thermometer viewable in the Tuckshop window. This will enable swimmers to assess water temperature prior to entering the pool.

9. **Defibrillators** (All Publicly Accessible and in order of distance):

- **Great Barrier Reef Fish and Chip Shop**  
Princess Margaret Ave, Metheringham, Lincoln LN4 3DA
- **Parish Council Offices**  
High Street, Metheringham, Lincoln LN4 3DZ
- **Lincolnshire Co-op Food Store**  
High Street, Metheringham, Lincoln LN4 3EA

10. **Phones**

Meg Pool does not have a phone.  
Swimmers are expected to bring Smartphones.

11. **Emergency Services** In the event of an emergency **Phone 999** directly.