

# COLD WATER TEMPERATURE GUIDANCE

WATER TEMPERATURES ARE MONITORED AND RECORDED DAILY BOTH IN RECEPTION AND ON OUR FACEBOOK GROUP.

**BELOW 5 DEGREES**

**MAXIMUM SWIM TIME OF 4 MINUTES FOR SWIMMERS WITHOUT A WETSUIT.**

**BELOW 6 DEGREES**

**SWIMMING WITH A BUDDY ONLY OR SWIM WITHIN 10 METRES OF THE BEACH.**

**BELOW 7 DEGREES**

**SWIMMERS WITHOUT A WETSUIT TO SWIM FOR A MAXIMUM TIME, IN MINUTES, DOUBLE THE DAILY WATER TEMPERATURE.**

**7 TO 10 DEGREES**

**COMPULSORY FOR UNDER 18'S TO WEAR A WETSUIT.**

**SPRING LAKES**  
**WATERSPORTS & LEISURE**

*ANY REQUESTS TO SWIM LONGER THAN DOUBLE THE TEMPERATURE, IN MINUTES, MUST HAVE AUTHORISATION FROM THE MANAGER IN CHARGE ON THE DAY.*

**UPDATED 10/12/20 - SUBJECT TO CHANGE**