

## SWIM TIMETABLES

The lake at Vobster Quay is open throughout the year with open water swim coaching & events taking place between April and October. As per our open water swim timetables below, all swimmers must have arrived on site and signed in by the **LAST SIGN IN** time. All swimmers must exit the water by the **WATER EXIT** time indicated.

### OPEN WATER SWIM TIMETABLE VALID FROM APRIL - OCTOBER

DAY	OPEN HOURS	LAST SIGN IN	WATER EXIT	LIFEGUARDED
MONDAY	08:30 - 17:00	16:00	16:30	-
TUESDAY	08:30 - 17:00	16:00	16:30	-
WEDNESDAY	08:30 - 17:00	16:00	16:30	-
THURSDAY	08:30 - 21:30	20:30	21:00	-
FRIDAY	08:30 - 17:00	16:00	16:30	-
SATURDAY	08:30 - 17:30	16:15	16:45	-
SUNDAY	08:30 - 17:30	16:15	16:45	-

### SUMMER SWIM TIMETABLE VALID FROM JUNE - AUGUST

DAY	OPEN HOURS	LAST SIGN IN	WATER EXIT	LIFEGUARDED
MONDAY	08:30 - 17:00	16:00	16:30	-
TUESDAY	08:30 - 19:30	18:45	19:15	17:00 - 19:15
WEDNESDAY	08:30 - 17:00	16:00	16:30	06:30 - 08:30
THURSDAY	08:30 - 22:00	20:30	21:00	-
FRIDAY	08:30 - 17:00	16:00	16:30	-
SATURDAY	08:30 - 17:30	16:15	16:45	-
SUNDAY	08:30 - 17:30	16:15	16:45	-

### WINTER SWIM TIMETABLE VALID FROM NOVEMBER - MARCH

DAY	OPEN HOURS	LAST SIGN IN	WATER EXIT	LIFEGUARDED
MONDAY	08:30 - 17:00	16:00	16:30	-
TUESDAY	08:30 - 17:00	16:00	16:30	-
WEDNESDAY	08:30 - 17:00	16:00	16:30	-
THURSDAY	08:30 - 17:00	16:00	16:30	-
FRIDAY	08:30 - 17:00	16:00	16:30	-
SATURDAY	08:30 - 17:30	16:15	16:45	-
SUNDAY	08:30 - 17:30	16:15	16:45	-

## WELCOME TO VOBSTER QUAY

Vobster Quay welcomes open water swimmers, triathletes & other multisport athletes with a range of highest quality facilities, coaching and support services that will enhance your training & significantly improve your performance.

With 36 acres of fresh, crystal clear water, fed from underground springs, swimmers of all levels will find the heady mix of onsite facilities, high quality coaching and a friendly welcome hard to resist.

### WHY SWIM AT VOBSTER QUAY? ENJOY THESE FABULOUS FACILITIES



**WARM CHANGING FACILITIES**



**COACHING & DEVELOPMENT**



**SWIM SHOP**



**WETSUIT HIRE**



**750M OPEN WATER SWIM COURSE**



**PACKED EVENTS SCHEDULE**



**FOOD & DRINK CATERING**



**MONITORED WATER QUALITY**



**AMPLE PARKING & SHELTER**



### VOBSTER QUAY

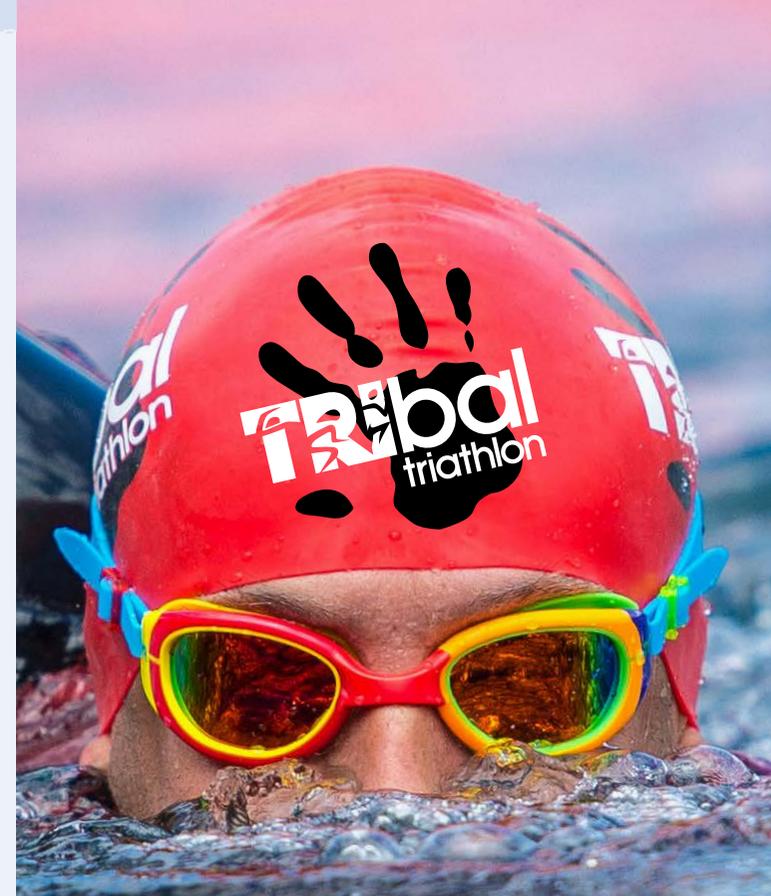
Upper Vobster, Radstock, Somerset BA3 5SD  
**PHONE** 01373 814666 **EMAIL** info@vobster.com



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# SWIM AT VOBSTER QUAY

Discover the South West's premier venue for open water swimming & triathlon





## SWIM FAQ: GET THE KNOWLEDGE

The lake at Vobster Quay is open throughout the year. As per our open water swim timetables below, all swimmers must have arrived on site and signed in by the **LAST SIGN IN** time. All swimmers must exit the water by the **WATER EXIT** time indicated.

### CAN CHILDREN SWIM AT VOBSTER QUAY TOO?

Swimmers aged 14-16 years must have a competent adult swimming with them at all times, and be assessed by a Vobster staff member before their first swim. Assessments must be pre-booked and a junior swimming competence declaration completed before the assessment takes place. Please email [richard@vobster.com](mailto:richard@vobster.com) for further information.

### DO I NEED TO FILL IN A HEALTH QUESTIONNAIRE?

Before swimming at Vobster Quay for the first time, all swimmers must complete a health questionnaire and swimmer competence declaration form and any relevant waiver forms prior to swimming. Both these forms are available as PDF downloads from our website at [www.tribaltriathlon.co.uk](http://www.tribaltriathlon.co.uk) and should be completed before your arrival to speed up entry.

### WHAT'S THE WATER TEMPERATURE?

We regularly monitor the surface water temperature and display it prominently (in centigrade) on the front pages of both [www.vobster.com](http://www.vobster.com) and our dedicated multisport website at [www.tribaltriathlon.com](http://www.tribaltriathlon.com).

### DO I NEED A WETSUIT & CAN I HIRE ONE?

Swimmers wishing to swim without wearing a swim wetsuit will be required to sign a non-wetsuit waiver form. If you do not own your own wetsuit, we have a range of high-quality suits available to hire.

### WHAT'S THE SIGNING IN PROCEDURE?

All swimmers must sign in and receive a swimmer ID bracelet. This must be worn on your wrist throughout your visit. This bracelet will allow you to place purchases onto your 'tab'. Tabs should be settled in the onsite shop before you leave site.

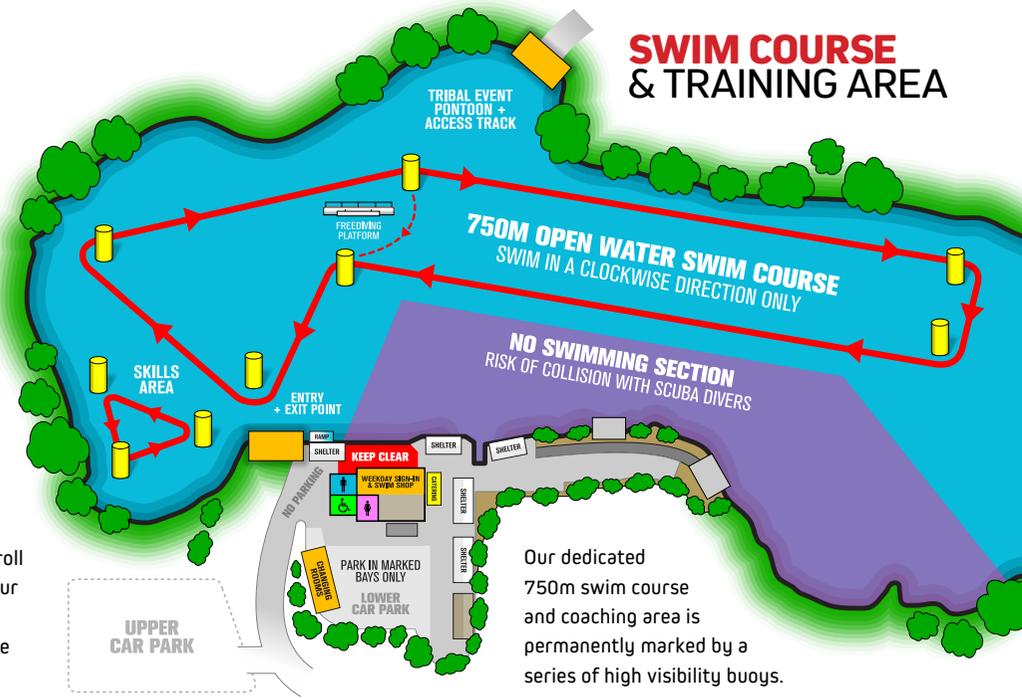
### CAN I BRING MY DOG TO VOBSTER QUAY?

Whilst dogs are welcome at Vobster Quay, we politely ask that they be kept on a lead at all times and are kept out of the water. Any dog mess must be picked up and placed in a sealed bag before being disposed of in one of the litter bins located around site.



## SAFETY MATTERS...

- Please swim around the designated swim course in a clockwise direction only.
- All swimmers must swim in a minimum of pairs or have a designated swim spotter on the quayside who can raise the alarm should you get into any difficulty.
- All swimmers must wear a brightly coloured swim cap to aid their location and identification when in the water.
- Avoid swimming over diver's bubbles - scuba divers may make rapid ascents which could cause injury if you are above them.
- In the unlikely event that you or your swim buddy get into any difficulty, remain calm, roll onto your back so you can breathe, raise your arm and call 'help, help, help' until you are attended to by the safety boat. Our staff are trained to deal with such incidents.



Our dedicated 750m swim course and coaching area is permanently marked by a series of high visibility buoys.



## OPEN WATER SWIM & TRIATHLON COACHING

We offer a full range of 1-1/small group open water swimming and triathlon coaching. Whether you're just getting started, an improver looking to take the next step or preparing for a big race, we can help.



### INTRODUCTION TO OPEN WATER SWIMMING

Build self confidence and get an introduction to the key skills of swimming in open water in a fun and safe way.



### OPEN WATER IMPROVERS WORKSHOP

Develop your breathing, sighting and navigation skills and learn new skills including turns, group swimming and pace control.



### OPEN WATER RACING SKILLS & RACE PREPARATION

Learn the skills that will give you the competitive edge. Learn all about positioning, pace, drafting, strategy and more!



## A PACKED SCHEDULE OF FABULOUS SWIM EVENTS!

Whether you're training for fun or actively participating in events at the very highest level, we offer a comprehensive selection of multisport events designed to challenge and inspire you.



### GLOW SWIM

Our original and unique GLOW Swim event is like no other! An amazing sensory experience set against the light of a full moon.



### SUMMER AQUATHLONS

Our ever-popular open water swim and aquathlon series for swimmers of all levels. Compete against yourself or others.



### SOLSTICE SWIM

Join us as we celebrate the Summer Solstice in style with an early morning swim set against the first light of a new dawn.