



lake café walks plants events

**Alderford Lake is private property and is provided for recreational purposes. Access is permitted from 9.00am until 30 minutes before closure of the site, seven days a week. Although every effort is made to ensure your safety, use of the Lake is at your own risk. There are no life guards or rescue boats provided. Management will endeavour to have a trained first aider on site as much as possible. The water is 3.1m deep in places. The fee to use the lake is £5 for adults and £3 for children (16 or under) and by paying to use the Lake you are considered to have read and accepted the Terms and Conditions as set out below, together with the safety information for Lake users.**

## Terms & Conditions

- Payment to use the lake can be made at either the Café or Pod (when open). You will be required to record the details of an emergency contact on the wrist band and this must be worn at all times when using the lake. All lake users should return to the Café or Pod to have their wrist band removed prior to leaving.
- Personal details will not be kept without express permission and used wristbands containing personal details will be shredded and properly disposed of.
- Please keep your 2m distance at all times and ensure you are following the latest government advice in relation to COVID-19
- 10% discount will be given on food and drink purchases to those wearing a wrist band.
- Any person identified to be using the lake without a visible wristband will be asked to leave the lake immediately.
- Dogs must be under close control or on a lead at all times. You are responsible for clearing up after your dog.
- Only food purchased on site is permitted to be consumed on site.
- **Antisocial Behaviour will not be tolerated, nor will we tolerate abuse of our staff in any form. Any person acting in a manner which our staff or other visitors consider to be antisocial behaviour will be asked to leave the site. If a person refuses to leave or is abusive to our staff we will involve the police.**
- **CCTV is located on site and images captured will be passed to the Police where it contains evidence of a crime or of antisocial behaviour. Where a person refuses to leave site photographs or videos may be taken and used as evidence for the Police or published on Social Media in order to identify the individuals in question.**

## For your safety - Swimming

- It is recommended that you wear a brightly coloured swim cap – red is a good colour. (Black, silver, green, white and blue are not easily seen in water).
- Acclimatise to cold water gradually. Don't push your time in cold water if you're unused to it and always take warm clothes to put on afterwards (yes, even in summer - it's amazing how fast you get cold). You will feel colder when you get out.
- Lone swimming is not recommended. Ideally you should ensure you have at least someone watching you from the side of the lake. Alderford Lake staff are not to be used for this purpose.
- Do not swim if you have any open cuts or grazes and try not to go under or swallow the water.
- Children aged 14-16 years must be supervised by an adult over the age of 18 years (evidence of age may be requested), and children under 14 must have an adult swimming with them in the water.
- No diving.
- Be aware of your swimming capabilities.
- You must keep all valuables with you at all times. We do not have storage facilities. Alderford accepts no responsibility for loss of any possessions.
- Ensure you keep at least a 2m distance at all times when swimming and be aware of your surroundings

## For your safety – Rowing Boat, Kayaking, Canoes and Paddleboarding

- No powered boats or Jetskis are permitted anywhere on the lake. Small inflatable boats and rings are permitted if authorised by Management.
- Lone use of the lake is not recommended.
- Young persons aged 16-18 years are permitted without an appropriate Adult however they must present with an Adult (someone over the age of 18 years (evidence of age may be requested) when purchasing a wristband to confirm acceptance of the Terms and Conditions.
- You must be capable of self-rescue procedures such as self righting after capsize and experience of water similar to Alderford Lake is essential.
- A helmet is recommended and floatation device is strongly advised to be worn. You should be capable of self rescue when wearing a floatation device.
- Suitable clothing and provisions for cold conditions and water should be worn to reduce the risk of hypothermia due to immersion.

## For your safety - General

- For the safety of all lake users we recommend that you circuit the lake in a clockwise direction and that you are alert to the presence of other lake users. There are life rings situated every 100m around the lake, make sure you know where they are.
- You must not use the Lake if you have medical issues that could put yourself or others at risk.
- Use of the Lake is strictly prohibited following the consumption of alcohol or drugs.
- Always wash your hands before eating or drinking.
- Where possible a means of summoning assistance (i.e. whistle/phone) should be carried.
- In hot, sunny conditions suitable protection should be worn such as a hat, sunscreen and eyewear.
- Make sure that someone is aware of your plans e.g. location, expected time of return etc.
- Use safe points of entry and exit only.
- The banks of the lake can be slippery. Take care when walking around the lake and when entering/exiting the lake. A visitors risk assessment is displayed on the notice board opposite the toilets in the café and you are encouraged to read this for your safety and the safety of other visitors.

**ALDERFORD LAKE RESERVES THE RIGHT TO SUSPEND THE USE OF THE LAKE AT ANY TIME AT THEIR DISCRETION AND TO CHANGE THE TIMES OF USE AS REQUIRED FOR OPERATIONAL REASONS.**