

OPEN WATER SWIMMING SAFETY & OPERATIONS KIT

Operational & Administrative Document for Affiliated Associations and Structures (FFN / FFESSM)

Association: _____ Practice Site: _____

Safety Manager: _____

Legal Information Note: This document summarizes all regulatory, medical, and administrative obligations applicable to aquatic and sub-aquatic activities in natural environments (sea, lake, river).

1. ADMINISTRATIVE & MEDICAL VOID (AFFILIATED REGULATIONS)

Category / Federations	Medical Obligation (CACI / Questionnaire)	Insurance & Legal Framework
Adults - FFN	Annual health questionnaire (Pass'Sport Santé). CACI required if positive response or per initial federal directive.	FFN license including Civil Liability (RC) and Individual Accident (IA).
Adults - FFESSM (Fin swimming / Longe-côte)	MANDATORY CACI less than one year old for the issuance or renewal of the license.	FFESSM license with mandatory associative Civil Liability guarantees.
Minors (All federations)	No systematic CACI (2021 Law). Minor health questionnaire completed by the legal representative (CACI if "yes" response).	Parental coverage + federal license insurance.

Mandatory Documents at the Session Site:

- ☐ **Attendance Register / Sign-in Sheet:** Precise nominal headcount at entry and exit from the water.
- ☐ **Health & Emergency Forms:** Contact info for close relatives and major medical background.
- ☐ **Rescue & Safety Organization Plan (POSS):** Drafted for the site, displayed or available in digital format.
- ☐ **Domain Authorizations:** Municipal decree (bathing area/lake) or DDTM/Maritime Affairs declaration (sea).

2. MANDATORY KIT & EQUIPMENT

Swimmer Individual Equipment

- **Inflatable safety buoy:** High-visibility tow float (orange/ yellow) mandatory.
- **Bright colored cap:** For distant visual spotting.
- **Marine whistle (pealess):** Attached to the buoy or wetsuit zipper.
- **Isothermal wetsuit:** According to regulations (mandatory FFN below 18°C).

Water Supervision (Kayak / SUP)

- **Escort watercraft:** Mandatory if >300m from shore or difficult weather.
- **Rescue equipment:** Rescue Can or ring buoy with throw line.
- **Alpha Flag:** Visual signal "Divers/Swimmers in water".
- **Alert means:** High-power supervision whistle.

Emergency & Rescue Bag (Ashore or in Waterproof Pouch Aboard)

- **Charged mobile phone:** In waterproof pouch with saved numbers: **112** (Emergency) / **196** (CROSS at sea).

- **Waterproof first aid kit:** Survival blankets (hypothermia priority), sterile compresses, bandages, antiseptic, dressings, saline solution, tweezers, quick sugar/gels.

3. OPERATIONAL PROCEDURE & SESSION WORKFLOW

A. Pre-Session Briefing (Ashore - 5 min)

- **Weather / Environment Analysis:** Wind, current, tide, water temperature, visibility.
- **Course & Markers:** Swimming direction, coastline, landmark buoys, mandatory turnaround points.
- **Buddy Pair Organization:** Fixed pairs of similar level who must never separate.

Sound & Visual Signals

- **1 long whistle blast / Vertical paddle:** Immediate stop for all swimmers and regrouping.
- **Repeated whistle blasts:** Emergency situation, immediate return to shore or toward the kayak.

4. MONITORING & RISK BEHAVIORS IN THE WATER

Water supervision and swimmers must immediately identify premonitory signs of distress:

Observed Sign	Suspected Cause	Immediate Action
Transitioning from crawl to upright breaststroke / Head out of water	Breathlessness, disorientation, panic, or loss of orientation.	Reach the swimmer, have them grab their buoy, calm breathing.
Immobile swimmer clinging to towing buoy	Violent cramp, extreme fatigue, or malaise.	Kayak/SUP intervention, visual assessment, return assistance.
Blue lips, uncontrolled shivering, jerky movements	Early or advanced hypothermia.	Immediate water exit, drying, survival blanket, warm drink.
Swimmer straying from group or dropping buddy	Concealed fatigue or failure to follow instructions.	Verbal recall via whistle, reintegration into the group.

Open Water Safety Sheet • Synthetic Information Document • Adapt according to your local Rescue & Safety Organization Plan (POSS).