

# SWIM PAL<sup>®</sup>



THE DO-IT-YOURSELF PORTABLE, AUTOMATED,  
LIFEGUARD CHAIR FOR RIVER, LAKE, AND OCEAN

INCLUDES  
FREE  
SEA LIFE



WE HOPE YOU ENJOY YOUR DIY PORTABLE LIFEGUARDS CHAIR  
AND THAT IT GIVES YOU YEARS OF SAFE WILD SWIMMING.

TO TRANSMIT SIMPLY SWITCH ON YOUR FM TRANSMITTER AND THEN  
THE MP3 PLAYER. ALL YOU THEN NEED TO IS TO LISTEN ON YOUR  
FM RADIO OR PHONE WHILST ENJOYING THE SUNSHINE, LEARNING  
MORE ABOUT WATER SAFETY OR RELAXING WITH THE SOUNDS OF  
THE SEA.

YOUR MP3 TRANSMISSION (DOWNLOADABLE FROM THE LINK/OR CODE  
BELOW IS SUPPLIED WITH THE FOLLOWING TRACKS:

- THE INSTINCTIVE DROWNING RESPONSE
- THE SONG OF THE BEARDED SEAL, THE KILLER WHALE,  
THE BOTTLENOSE DOLPHIN, THE NARWHAL AND THE  
MIGHTY HUMPBACK WHALE.
- IMPROVE YOUR SWIMMING TECHNIQUE: DOGGY PADDLE,  
CRAWL, BUTTERFLY, LIFESAVERS POSITION. PLUS THE  
BONUS TRACK: TREADING WATER.
- AS WELL SOME ICY COOL MUSIC:



LIFESAVER BY GURU.

HOW TO SAVE A LIFE BY THE FRAY.

LONNIE JOHNSON'S LIFESAVER BLUES

AND MUCH MORE...

[www.ruralrecreation.org.uk/swimpal.html](http://www.ruralrecreation.org.uk/swimpal.html)

BROUGHT TO YOU BY RURAL RECREATION  
THE GRASS ROOTS CAMPAIGNING BODY FOR NEW SOCIAL VISIONS OF THE RURAL  
[WWW.RURALRECREATION.ORG.UK](http://WWW.RURALRECREATION.ORG.UK)

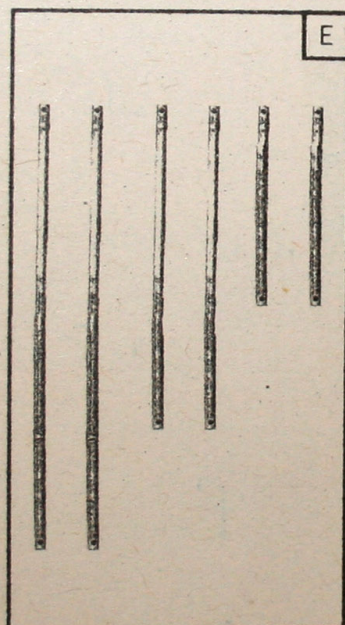
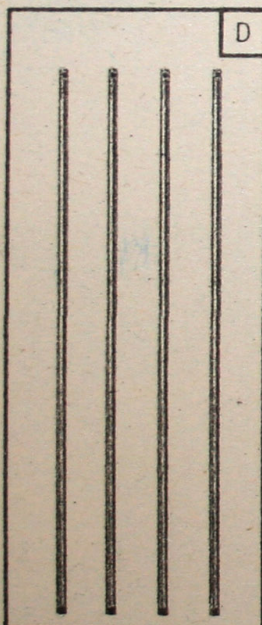
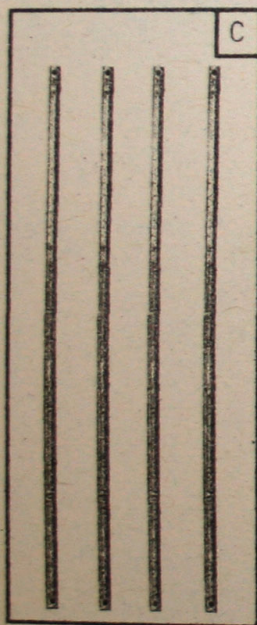
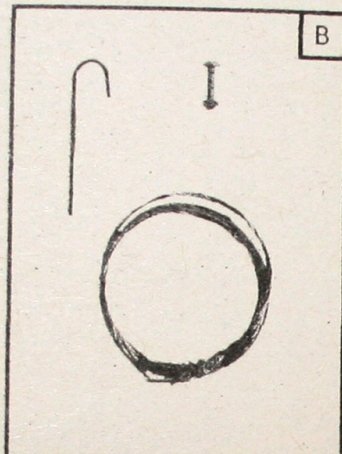
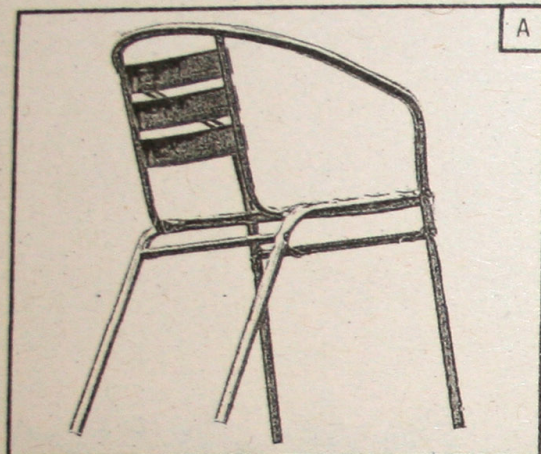


A vintage, sepia-toned photograph of a beach scene. In the foreground, a sandy beach is visible with some rocks and sparse vegetation. In the middle ground, a sailboat is partially visible on the right side, with its mast and rigging extending upwards. A large, light-colored rectangular sign with a scalloped top edge is positioned in the center of the image. The sign has the words "SWIM PAL" written in a bold, outlined, sans-serif font. The background shows a calm body of water and a clear sky.

SWIM PAL

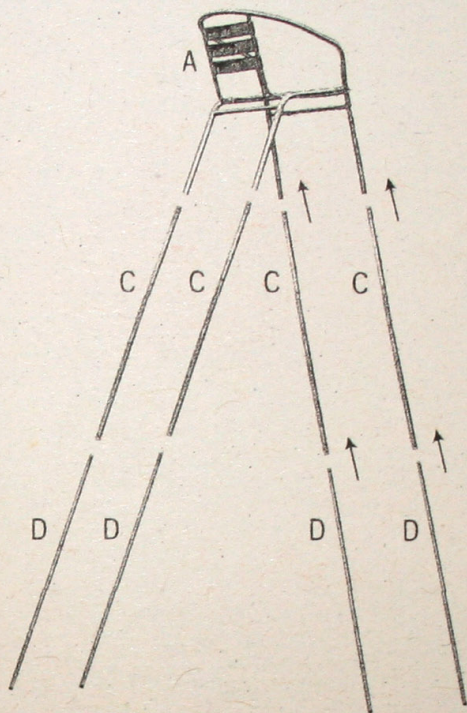


# PARTS DIAGRAM (LIFEGUARD CHAIR)



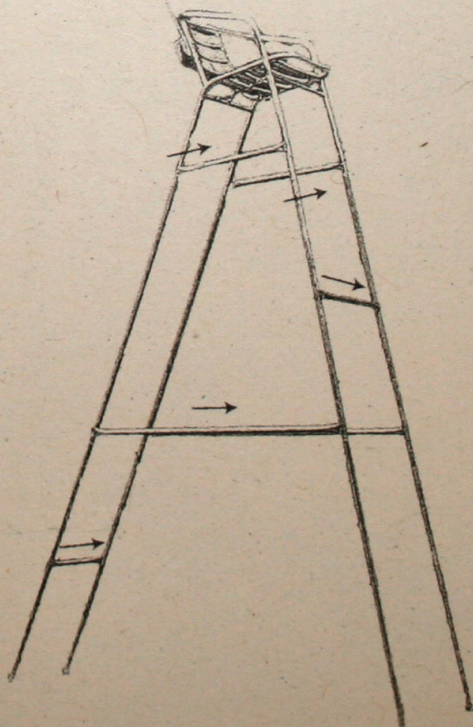
- A. ONE OUTDOOR CHAIR (REMOVE RUBBER FEET)
- B. 4 X STEEL POLES (SAME WIDTH AS CHAIR LEGS)
- C. 4 X STEEL POLES (AS ABOVE) WITH RUBBER FEET
- D. 6 X STEEL POLES (AT THE THREE SIZES SEEN IN FIG. 1)
- E. 2 X STEEL GUY ROPES, 2 X GUY PEGS, 20 X NUTS/BOLTS





#### CONSTRUCTION STEPS:

- PLACE CHAIR A ON IT'S SIDE
- ATTACH POLES C INTO CHAIR A AND FIT BOLT
- ATTACH POLES D INTO THE BOTTOM OF POLES C AND FIT BOLT
- FIT BRACES E IN PLACE BETWEEN POLES AS SEEN IN LOWER DIAGRAM, FITTING BOLTS
- CLIP STEEL GUY ROPES ONE EACH SIDE OF CHAIR



#### INSTALLATION STEPS

- FIND STABLE, FLAT GROUND SITUATED CLOSE TO PLACE OF RECREATION (MAKE SURE THERE IS NO WAY FOR ANYONE TO CLIMB ONTO THE CHAIR IN THIS SPACE)
- SWITCH ON MP3 PLAYER & TRANSMITTER. SEAL BOX
- LEVER CHAIR INTO PLACE
- TAKE THE STRAIN OF THE STEEL GUY ROPES EITHER SIDE OF THE CHAIR
- USE GUY PEGS TO SECURE CHAIR IN PLACE
- BE SAFE AND ENJOY











THE FOLLOWING ARE EXCERPTS FROM THE SAFETY INFORMATION INCLUDED ON THE MP3 DOWNLOAD FOR FM TRANSMISSION TO SWIMMERS IN THE WATER:

1. EXCEPT IN RARE CIRCUMSTANCES, DROWNING PEOPLE ARE UNABLE TO CALL OUT FOR HELP. THE RESPIRATORY SYSTEM WAS DESIGNED FOR BREATHING AND SPEECH IS THE SECONDARY FUNCTION. IT IS OBVIOUS BUT BREATHING PROPERLY TAKES PRIORITY OVER SPEECH IN THESE STRESSFUL CIRCUMSTANCES.
2. DROWNING PEOPLES MOUTHS ALTERNATELY SINK BELOW AND RE-APPEAR ABOVE THE SURFACE OF THE WATER. THE MOUTHS OF DROWNING PEOPLE ARE NOT ABOVE THE SURFACE OF THE WATER LONG ENOUGH FOR THEM TO EXHALE, INHALE, AND CALL OUT FOR HELP. WHEN THE DROWNING PEOPLES MOUTHS ARE ABOVE THE SURFACE, THEY EXHALE AND INHALE QUICKLY AS THEIR MOUTHS START TO SINK BELOW THE SURFACE OF THE WATER.
3. DROWNING PEOPLE CANNOT WAVE FOR HELP. NATURE INSTINCTIVELY FORCES THEM TO EXTEND THEIR ARMS Laterally AND PRESS DOWN ON THE WATER'S SURFACE. PRESSING DOWN ON THE SURFACE OF THE WATER PERMITS DROWNING PEOPLE TO LEVERAGE THEIR BODIES SO THEY CAN LIFT THEIR MOUTHS OUT OF THE WATER TO BREATHE.
4. THROUGHOUT THE INSTINCTIVE DROWNING RESPONSE, DROWNING PEOPLE CANNOT VOLUNTARILY CONTROL THEIR ARM MOVEMENTS. PHYSIOLOGICALLY, DROWNING PEOPLE WHO ARE STRUGGLING ON THE SURFACE OF THE WATER CANNOT STOP DROWNING AND PERFORM VOLUNTARY MOVEMENTS SUCH AS WAVING FOR HELP, MOVING TOWARD A RESCUER, OR REACHING OUT FOR A PIECE OF RESCUE EQUIPMENT.
5. FROM BEGINNING TO END OF THE INSTINCTIVE DROWNING RESPONSE PEOPLES BODIES REMAIN UPRIGHT IN THE WATER, WITH NO EVIDENCE OF A SUPPORTING KICK. UNLESS RESCUED BY A TRAINED LIFEGUARD, THESE DROWNING PEOPLE CAN ONLY STRUGGLE ON THE SURFACE OF THE WATER FROM 20 TO 60 SECONDS BEFORE SUBMERSION OCCURS.

MAKE SURE YOU KNOW WHO IS WAVING AND WHO IS DROWNING.

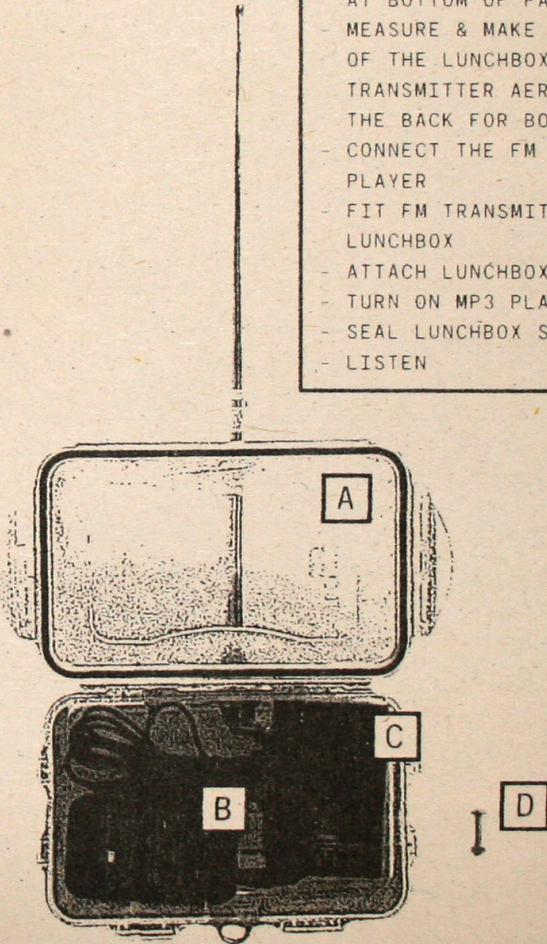


## PARTS DIAGRAM (FM TRANSMITTER)

- A. SEALABLE PLASTIC LUNCHBOX
- B. MP3 PLAYER (SMALL ENOUGH FOR THE LUNCHBOX)
- C. FM TRANSMITTER NO STRONGER THAN 50  
NANOWATTS
- D. NUT AND BOLT TO ATTACH LUNCHBOX TO CHAIR

### STEPS:

- DOWNLOAD TRACKS FROM RURALRECREATION LINK  
AT BOTTOM OF PAGE & UPLOAD TO MP3 PLAYER
- MEASURE & MAKE A HOLE IN THE TOP SIDE  
OF THE LUNCHBOX BIG ENOUGH FOR THE  
TRANSMITTER AERIAL. ALSO MAKE HOLE IN  
THE BACK FOR BOLTING TO CHAIR
- CONNECT THE FM TRANSMITTER TO THE MP3  
PLAYER
- FIT FM TRANSMITTER & MP3 PLAYER INTO  
LUNCHBOX
- ATTACH LUNCHBOX TRANSMITTER TO CHAIR
- TURN ON MP3 PLAYER & FM TRANSMITTER
- SEAL LUNCHBOX SHUT
- LISTEN





WILD SWIMS - RIVERS AND LAKES OF THE SOUTH WEST  
(WITH GRID REFERENCES)



CORNWALL

ST NECTAN'S KIEVE (SX081885)  
COLLIFORD LAKE AND DOZMARY (SX 164721)  
GOLITHA FALLS (SX223687)  
BODMIN PARKWAY (SX107641)

DEVON

MEL TOR POOLS (SX 697717)  
SALMON LEAPS (SX 723897)  
CULLEVER STEPS (SX 606924)  
GREAT TORRINGTON (SS 582261)  
COW CASTLE (SS 793375)  
LONG POOL, WATERSMEET (SS 753483)

DORSET

COLBER BRIDGE (ST 783143)  
WEST LYDFORD (ST 564319)

SOMERSET

FAIRLEIGH HUNGERFORD, FROME (ST 806577)  
CLAVERTON WEIR, AVON (ST 792643)



## Disclaimer

- 1) The erection of the Chair(s) implies that swimming can take place under supervision in the water, and unless access the Chair(s) is restricted, they might also be capable of being used by members of the public (including children) in ways that cause them injury or worse. This could give rise to both civil and criminal liability.
- 2) Restrictions to the Countryside Right of Way Act (S2) mean that it is illegal to swim in any non-tidal water on any land designated Access Land.
- 3) On private land the Occupier of the Land in which you swim is primarily liable for damage caused to members of the public on the land. As such if you ask for their permission to have a lifeguards chair (even with warning signs) they are unlikely to grant it.
- 4) Should it be granted, we recommend posting large notices saying climbing on the structure is forbidden - this will also require the permission of the Land Owner.
- 5) In the event that you do not ask them and simply go ahead, you will be trespassing and creating a danger to the public whilst doing so. The Landlord will successfully blame you: (a) for trespassing on their land; and (b) for creating a danger on the land. You would be 100% liable under the principles of contributory negligence.
- 6) Your insurers will not cover you unless you have the landowners permission - you must agree the Chair(s) use with them.
- 7) To keep within Ofcom and EU licensing the FM transmitter must not exceed 50 nanowatts.



