

Swimming Training Program

Hints for Open Water Swimming

It can be very daunting for both novice and competent swimmers to swim in open water, whether a lake, dam or ocean. It can be fun if you plan and observe some safety practices before venturing into open water. Below are some hints and tips:

1. PLAN

- the spot you wish to start your swim from (you may have one side stronger than the other and know that you tend to veer either left or right)
- identify clear markers on opposite shore line or point for return
- practice using objects on the near shore and objects on the far shore (objects look different from standing position to in water)
- check for sun, wind, colours (careful with green!)
- swim with at least one other person
- wear brightly coloured caps
- if possible, have a friend with canoe/kayak to accompany you

2. SWIM

- be on look out for sail and rowing boats – neither are looking for you!
- if there are people sailing or windsurfing, give them a wave if possible, so they know you are in the water
- be aware that you will come across weeds and other “things” from time to time – a healthy lake does have these!
- if windy and rough, you may need to breathe from a particular side to prevent swallowing water
- if a high swell, try and time breathing as you crest the wave
- allow a time frame (distance is hard to judge in open water)
- turn on agreed time – often harder on way back than you thought!
- increase time and distance as you are ready

Enjoy the freedom of distance and swim tall, balanced and on your side.