

# SAFE OPEN WATER SWIMMING ADVICE

## BEFORE



Does your equipment fit? Is it in good condition? Make sure your goggles don't leak and you're comfortable in your kit before getting in the water! If it's cold, think about wearing two swim caps.



Don't eat big, but top up with light snacks and drinks before the start. Stick to the routine you've been in during your training.



Make sure to stretch and loosen up your shoulders, neck, arms and hips ready to get into the water.



Wear warm clothes for as long as possible before entering the water. If it's hot, keep your wetsuit unzipped and stay in the shade until you enter the water.



Ensure all open cuts/grazes are covered with waterproof plasters to avoid infection.

## DURING



Take the time to acclimatise yourself to the water temperature on the day.



Take note of your surroundings and the course before the start. Mass starts can be a bit frantic! If you are unsure about the start, make your way to the back of the field for the start.



Keep your mouth closed and try to avoid swallowing the water.



Don't be afraid to pause and tread water for a break. If you need to withdraw from the race, turn on your back and raise one arm in the air to notify the safety crew.



Ensure you always follow the marker buoys for the course and swim the race you've trained for.



Swim right up to the swim exit and expect to have wobbly legs when you leave the water. Use the marshals if you need a hand getting out.

## AFTER



Allow yourself time to regain your balance, especially after a long swim and be sure to leave your bike in a low gear as rapid spinning helps with warmings.



Wash your hands and face before handling food, using hand sanitizer where possible.



Eat and hydrate as soon as you can to replenish the sweat lost in the wetsuit and energy used in the swim, but be aware that you have more exercise to do!



Wash your wetsuit and swimming costume thoroughly after the event with clean water to remove any bacteria and clean the sweat out.