

GENERAL ADVICE TO OPEN WATER SWIMMERS

Cover all cuts and abrasions with sticking plaster. You should not consider swimming if you have deep cuts.

Wash hands in fresh water before eating after swimming.

Take a full shower at the earliest opportunity.

Try not to ingest water whilst swimming.

Don't swim if you feel unwell.

Make sure you're well fuelled and hydrated but allow a couple of hours before you swim if you've had a bigger meal.

Make sure you have well-fitting goggles and a swim hat.

You will require a wetsuit for water temperatures below 17 degrees.

Make sure you have warm clothes for after your swim.

Do not exceed your personal capabilities on the day of your swim; 'if in doubt, don't go out'!

Ensure you are present for the session briefing prior to entering the water