



OPEN WATER SWIMMING



FIRST SESSION

WHAT TO EXPECT

- Sophie or Harriet will meet you by the café entrance at Alderford Lake
- Following a chat and payment, we will get change and proceed to the lakeside
- Your first session will consist of a mixture of acclimatisation at the lake, and depending on your level, some skill work as you develop confidence in the water.
- You will not be swimming for the entirety of your booked session unless your fitness allows for it. We tailor each session to your ability, confidence and the conditions on the day.

KIT LIST

It is very important you bring appropriate kit with you for your swim. The underlined items are essential:

- Swimming costume/shorts
- Brightly coloured swim cap (if you do not own one, please inform your coach prior to the session so they can bring a spare)
- Tow float (if inexperienced, this is compulsory kit, they provide a source of buoyancy and give confidence to a new open water swimmer, your coach can provide this too if required)
- Goggles
- Wetsuit
- Neoprene swim socks and gloves
- Towel
- Flip flops/easy to slip on shoes for the waterside
- Warm clothes including thick hat and layers (this is very important regardless of the weather on the day, it is always better to have more clothes with you that you may not need, than not enough)
- Money for a hot drink at the café after the session! (an essential part of open water swimming is to warm up your body both inside and out)