



## Open Water Information Sheet

Open water swimming is great fun and offers a tough challenge for any swimmer. There are several important things to remember to do and to bring before, during and after your open water swim.

Things to prepare for:

What will the water temperature be?

What are the expected weather conditions?

What are the arrangements for feeding an athlete during the race? (10km+ races)

What does the course look like, as well as the direction, and land markers?

What are the water conditions, is it flat, is it rough, and is it tidal?

Make sure you bring the following items to an open water swim:

Sunscreen – make sure you apply this with plenty of time before you hit the water

Vaseline – to avoid chaffing on bather lines, and to provide a protective layer from stingers

Lanolin – if the water temperature is low, you want this to keep warm

Latex gloves – to apply the above substances pre-race

Old towels – for removing the above substances post-race

Please be careful if applying these substances yourself that you do not get any of them on your goggles pre-race – stinging eyes for a 5+km swim isn't fun!

Warm clothes – including shoes, beanie, scarf, and a blanket. If the water temperature is low you will need these post-race even in warm weather.

Hydration – enough for pre-race, during the race (10km+) and post-race. Including a feeding pole for 10km+ races. Trial using the feeding pole in training before your races.

Nutrition – enough for pre-race, during the race (10km+) and post-race. Including a feed stick for 10km+ races. If you're using carbo-shots, trial these in training beforehand, including using the feeding pole.

If you have any more questions feel free to speak to one of the coaches and train hard ready for a great open water season!