

# OPEN WATER SWIMMING

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## Two ideas in the open water

### Turn around a buoy

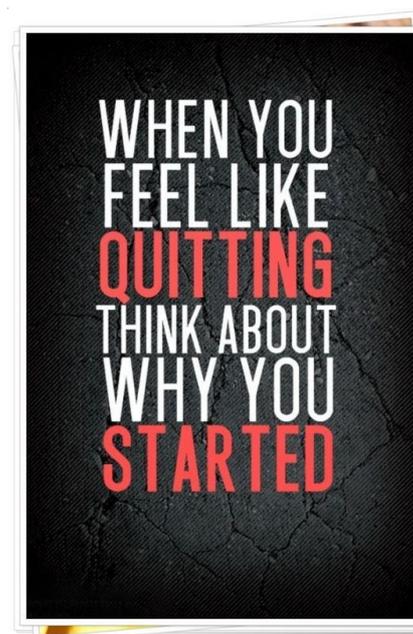
Turning around a buoy often involves troublesome scenes like threats and contact with other swimmers. Therefore, it is also important to search for free space. This can be done by accelerating 50 meters for the buoy and thus swimming away the other swimmers. Also, you can choose to avoid contact with other swimmers by just swimming wider around the buoy.

If you want to improve swim speed during the turn, you can make a double breast-back-chest spin. With this technique, you swim from the chest to the back (you will then make a breaststroke, then one backstroke) and then turn back on the chest. By executing this maneuver consecutively twice, you simply turn 180° from the swim direction while staying close to the buoy.

You can try this in the swimming pool, by not using the side of the pool, so try to turn halfway down the lane. Please note that you do not interfere with other swimmers in the pool!

### Breathing

In open water, there is often a higher respiratory rate than in the swimming pool. This is because you often you have no visibility and the water is more choppy. Make sure your breathing moments are not always navigational moments, but combine your navigation moments with a breath. For example, you can swim at a breath of 1 to 3, 4 or 5 strokes, while briefly setting up the 12 to 15 strokes to look where you are going and then turning your head sideways for breathing



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# Tips for swimming in the open water.

## Water temperature

As soon as you enter the cold water, your body can go tense with shortness of breath, muscles cramp and potentially panic. In order to counteract these effects as much as possible, it is important to go gently in the water. It can also help to throw some water in your face. Make sure that you also get in the water before starting, so that your body can get used to the water temperature.

## Training in open water

Make sure that you have trained in the open water as well as the swimming pool. In this way, you already experience how the cold affects with your body. Make sure that you also swim all through the open water trainings so that your body produces heat and you will not get too cold. During open water training, pay attention to your coordination and sighting in open water as your visibility underwater is often limited. Make sure you get dressed quickly after training and try to have a warm drink. If you feel cold or unwell, please tell your coach.

*Note:* if you are training in the open water, always make sure that someone is near you for your own safety!

## Wetsuit

During some open water events wearing a wetsuit is mandatory. Make sure that you have trained in a wetsuit. A wetsuit has the advantage that you float better. However, the disadvantage of swimming with a wetsuit is that it may be limited in your movement, mainly with arms or contra-movement. Should you possibly participate in a triathlon or event combining various sports, it is important to practice a few times to quickly pull out a wetsuit. The more water is in the wetsuit, the easier to take it off. So just put the collar just before you drain the water, so that you can run some extra water.

## Cap

During an open water event it is mandatory to wear a cap in for recognition and safety. Also, a cap will keep your head warmer. If you are going to swim in very cold water, wear a silicone swim cap instead of a thin latex swim cap.

## Cramp

If you get cramps, do not panic. Turn your back, turn your foot slowly to the left and right from the ankle until the cramp reduces. Shaking the calves can also help.

Cramps in the legs occur during the swim. Regular stretching is one of the preventive measures, not just for competition or training, but throughout the season, make sure your ankles remain flexible. Also make sure you are well-hydrated, that is, half to three quarters of liter per hour. In warm weather this amount per half hour!

## Save energy

During the competition, you often forget to maintain your technique. As a result, a lot of expensive energy is lost. By continuing to swim technically, you are more efficient with your energy. Most of the time you are even faster!

## Swimming goggles

Regularly inspect your swimming goggle: Carefully tighten the straps, look at small tears and ribs that indicate wear, especially in the clips / buckles where the straps are attached.

Sun, chlorine and moisture work on the straps, making them brighter. Keep your glasses in a soft cloth, eg your towel and allow it to dry after each use.

## Vaseline

Chaffing or rubbing may occur in the armpits, throat, thighs and swimsuits. Some vaseline or other ointment in the sensitive areas is usually sufficient to prevent this. This care with vaseline at a wetsuit, it may damage the material. You should also take care not to get vaseline on your goggles, as it may cause the leak.

**Early this year, the FINA announced that, as of January 1, 2017, new rules would be effective for the use of wetsuits in the Open Water swimming in relation to the health and safety of swimmers. These rules prescribe that a wetsuit is mandatory when the water temperature is below 18 degrees. If the temperature is between 18 and 20 degrees then wearing a wetsuit is optional and over a 20 degree a wetsuit is forbidden.**

## Contact

### Open water swimming

Wendy Scholten  
wendyscholten@live.nl

Jennifer Hughes  
hughesja@hotmail.com

## Open Water event- Achziv Swim in Israel.

This morning (6<sup>th</sup> of May) 8 swimmers from SO Israel took part in an Open Water event in Achziv- at the northern part of the country.

The Mediterranean was calm and looked like a mirror, the sky was covered with clouds so no bright sun was shining on the water, there was no wind so it was not cold coming out of the water BUT the water was cold.....it is the end of spring and the sea has not warmed up yet.

The 1500 m' swim start signal was given at 08.00 . About 100 swimmers dashed into the cold water among them 8 SO swimmers. 3 of them with their Unified partners. We watched them swim off and could spot them by their bright red "SO Israel" caps. All swimmers swam from big yellow buoys to red ones and then to another yellow one- all set in rectangular which made it easy to follow.

One volunteer offered to escort our swimmers with his private Kayak, even though there were enough Kayaks in the water for safety reasons . This one followed only our SO swimmers.

The company that sponsored the event offered to dress the Unified partners with wetsuits because they were swimming slower than their own pace and would get cold in the water. When the swim was over they were very grateful to the company: they said they would have had a hard time because of the water temperature.

Our swimmers did great! All came out of the water having done good results considering this was the first Open Water event for this season. Nearly all swimmers won medals not only in our SO medal ceremony but also in the general medal ceremony which was categorized by age groups and included all the swimmers that participated in the event. 6 out of our 8 swimmers went home with 2 medals from one swim!! (1 SO medal and 1 general event medal) .

The SO medals were given to our swimmers by Mr. Arik Perry, the organizer of the whole event. He invites us every year to take part in any event he organizes. We are very thankful to him for giving us a chance to feel part of the Open Water swimming family in Israel.

The general swim medals were given out by Mr. Yoram Israeli, head of the regional county , Mate Asher where the event took place. All swimmers around applauded and cheered our swimmers in both ceremonies. Our swimmers really were champions of the day!

