

# 12 BAYS OF CHRISTMAS

An event being run by Les Bourgs Hospice

*concept credit to the Marley & Sealey families*

## Cold Water Swimming Tips

### GET WARM

*hot*

We know how important it is to get warm after a swim but have you thought about how warm you are beforehand? The cooler that your core body temperature is before your swim the quicker (and colder) you will get afterwards.

### HYPOTHERMIA



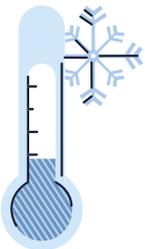
If you start to think that the water is warm and you could stay in for hours it is time to get out! Cold water can slow down your mental processing so if you are struggling to count from 1-10 and back again it is having an impact. Other signs to look out for are uncontrollable shivering or numbness and slurred speech. Please also keep an eye out for other swimmers who may not realise how much the cold has had an effect on them.



### AND BREATHE.....

Cold water can cause an intake of breath or quicken breathing so it is recommended that you keep your face out of the water and focus on taking long, slow breaths. Avoid diving into the sea as this can cause cold water shock.

### AFTERDROP



Our bodies are clever things so when immersed in cold water a process called peripheral vasoconstriction helps protect our vital organs by focussing blood flow to our core. When we get out, that process ends so the cold blood from your skin starts to cool down your core and your body temperature will continue to drop 15-20 minutes after your swim. It is important to use that time to get dry & dressed as quickly as you can.

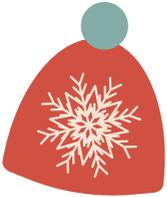
## AVOID A HOT SHOWER

Hot water speeds up the effects of afterdrop, cooling your core down quicker and can make you feel faint. Instead try to;



- Layer up with clothes that are warm and easy to get on and have them ready in the order that you will need them.
- Use a mat or extra towel on the floor to get your feet off the cold sand or pebbles.
- Have a hot drink ready for after you've got dressed.
- Wear your festive bobble hat to reduce heat loss.

## WHAT KIT DO I NEED?



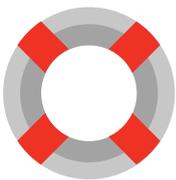
Your festive bobble hat will help minimise the loss of heat from your head or if you are going for a longer swim a cap underneath it should also help. Neoprene socks, gloves or booties are a good option for keeping extremities warmer and making the cold more bearable. If you want to wear a wetsuit then please do!

## IT'S ALL ABOUT YOU



Each person will have a different cold water tolerance so it is important to focus on how you feel and not how long other people are staying in the water for. We have intentionally avoided setting a target number of strokes or distance to swim so if all you do is a dip to get wet or only tick off some of the bays on the list that's fine!

## THANK YOU FOR YOUR SUPPORT. SWIM SAFE.



- Do not swim alone or in the dark.
- Check the weather and tide before you swim.
- Do not swim out of your comfort zone so if it is rough do not swim or perhaps head to another bay that is more sheltered.
- Do not swim out of your depth or are unsure of how cold you will get. It is better to swim across a bay in shallow water than swimming out deeper.

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