



Open Water Swimming Coach

Tamara Turchet
Open Water Swimming Coach
Tel: 07554 246877
Email: ttswimcoaching@gmail.com
Web: www.ttswimcoaching.co.uk

What to bring with you to a coaching session

For pool-based sessions you will need:

- Appropriate swim wear - gentlemen please avoid very baggy swim shorts, ladies please avoid bikinis
- Goggles
- Swim hat
- A drink (water or squash is best, avoid fizzy drinks!)
- Change for lockers (£1 coin)

If you have them, please also bring with you (but don't panic if you don't have them!):

- Hand paddles
- Fins
- Pull buoy
- An old piece of bicycle inner tubing cut to about 80cm long

For Open Water Sessions:

- Appropriate swim wear – gentlemen please avoid very baggy swim shorts, ladies please avoid bikinis
- A brightly coloured swim hat – the brighter the better!
- Swimming Goggles (if possible bring a clear pair and a tinted/coloured pair)
- Wetsuit – We appreciate that many people prefer to swim in just their swim suit. However, please be aware that even when the water is relatively warm in the open, it is likely to be colder than you may be used to in a swimming pool and if we need to loiter a bit whilst we discuss tactics and tips then you will get cold... Unless you are able to demonstrate prior to your session that you regularly swim in open water for longer periods of time without a wetsuit then **please bring one with you as your session will not be able to go ahead otherwise.** We are unable to provide/loan wetsuits but these can be hired from various companies such as hireawetsuit.co.uk, huubdesign.com, mywestuithire.co.uk and many others
- Neoprene gloves/boots/hats (depending on the water temperature – please ask for advice if you're not sure!)
- A bright tow float (normally we can provide one if you don't already have one but during the current COVID19 pandemic we are unable to loan equipment). Tow floats can be purchased online from retailers like Amazon, Wiggle, Swimsecure, Lomo, Swimthelakes and many others)
- A warm drink (a flask with a pop up lid is easier than a screw top flask when your hands are a bit cold and shivery)
- In the early/late seasons, a hot water bottle
- Plenty of warm clothing, even in the summer, bring lots of layers that you can put on/take off easily if need be (avoid jeans, buttons and zips, go with things that you can pull on quickly and easily)
- A warm hat (yes, even in the summer)
- An easy to eat snack (chocolate bar, a breakfast bar, banana, biscuits etc)