

DECEMBER 2020

The November Lockdown saw numbers of OW swimmers rising again, in spite of the cold, along with warnings of the dangers of colder water and the risks of adding to an already very busy health service....

Social media pages and OW swim groups were again busy with new members asking for advice and seeking out any venues that were open and swimmable,,,

I saw and read many interesting posts about the dangers of cold water, with lots of advice and anecdotes about people's own experiences and adventures. Worryingly I also saw a lot of mis-advice, unhelpful and even dangerous suggestions to people on what to do/not do in the the open water....

There is lots of free, top quality information out there if you know where to look and have the time and patience to go and find it for yourself.... but many people just don't have the time, or don't know where to look or just want it all in one place nicely put together for them so they can crack on and get into the water....

Swimming through the cold British winter is not to be taken lightly, particularly if you're starting out now, when the water is already into single figures in many areas. So, to help people get their cold water fix safely and save some time for those of you who are time limited, I've put together a new Online coaching session which draws together all the good info and advice, the science and the facts, research and experience (my own and that of others!).

'Cold Water Considerations' is a 60min session delivered online to your living room for just £15 - see the 'Sessions Available' tab for more details!