

JULY 2020

Although the pools are still closed, Tamara is super pleased to now be offering 1 to 1 coaching sessions in open water at Lake 86 Cotswold Water Park Hire. In order to comply with Social Distancing guidelines and to ensure the safety of our swimmers, the lake staff and other lake users we ask that all clients adhere to the lake rules as laid down in their video instructions. to view these please check the Lake 86 swimmers website directly

- <https://www.cotswoldwaterparkhire.com/openwaterswimming>.

You do not have to be a member at the lake to attend a coaching session with Tamara but there is an additional £5 lake fee payable to the lake for non members. Membership is currently closed for new requests but there is a waiting list and it is certainly worth adding your name to this so that you can apply for membership when it becomes possible again.

Tamara has a few additional COVID19 related requirements, including additional consent and acknowledgement forms which you will need to complete and return in the 24h period prior to your session. For the moment she is not lending out equipment (such as tow floats and goggles, which normally can be provided for you if you forget yours). There's a bottle of 80% alcohol hand sanitizer on the bonnet of Tamara's car (when it's parked up at the lake!) and if you can do your warm up independently so that we aren't loitering too long lakeside (in keeping with the lake rules) breathing out too much into the atmosphere, that'd be grand!