

Open Water Swim-Ocean Tips General Information

Guidelines:

- 1) Never Swim Alone under any circumstances
- 2) Always verify that swimming is legal
- 3) Never dive in without being able to see the bottom. Even “wave diving” must be shallow
- 4) Check Surf forecasts and wind. Wind greater than 15 knots, Waves or surf greater than 7 feet, and Swells greater than 15 feet are dangerous.
<http://www.pacificwaverider.com/proj/5scprojpm.shtml>
<http://www.facs.scripps.edu/surf/images/calanim.gif>
- 5) Have a 1/8 inch of water in your goggles to prevent the fogging

The Start:

- 1) Run Until the water gets over your knees, and then “dolphin” out—which is dive flat, touch your hand to the bottom and pull, draw your feet under your body and push into another dive.
- 2) Dive to the bottom of the wave, and flat, not downward toward the bottom.
- 3) Swim over the swells, paddling over the top
- 4) Don't forget to EXHALE under water, and INHALE deeply when you breathe---cold water can contribute to shallow, unproductive breaths, which causes adrenaline, which makes you feel more anxious than you would otherwise.
- 5) Don't kick much except for balance until you get a good rhythm going: kicking will make you out of breath early. Increase your kick as you get comfortable.

Open Water Exercises:

- 1) Sighting: Every 6 to 8 cycles, lift head at the beginning of the breath or as after you inhale, as you are replacing it. If possible, use a pier, or the shore as a site option in lieu of looking forward---it's easiest to just look as you breath.
- 2) Drafting: Follow someone's bubbles for 50 yards, trade places
- 3) Swim against your watch, estimating 2 minutes, then 3, then 4 to stretch your continuous swimming experience.
- 4) Breathe Bilaterally—go 10 strokes on one side or the other, then 5, then 3, then 2 alternating.

The Finish:

- 1) Swim until your hand touches bottom---this is when the water is over under your knees---it's fruitless to run before then.
- 2) Use the waves to hit land--- you will feel your body “rise” with the wave, and you should swim until you feel that you are “sledding” down the wave---at that point, join your fingers and tuck your head, and kick only.
- 3) If you want the wave to pass you, lift your head and your feet will drop, then keep swimming.
- 4) If you feel as if you are being swept by the wave and tumbled---allow the moment to pass, you WILL rise to the surface---don't try to swim until you stop tumbling.
- 5) Your wetsuit will bring you to the surface. Be confident of that!