

11 tips to an enjoyable Open Water Swimming experience!

1. Swim with a buddy.

When swimming in open water, swim with a buddy or group.

2. Get comfortable.

If you're swimming in open water, the most important thing is to take time to get comfortable with it and relax.

3. Don't panic.

The most important thing in open water swimming is not to panic. Stay calm, you'll usually be able to catch your breath and swim safely to shore.

4. Make yourself visible.

When swimming in open water, wear a bright swim cap or arm band so that others can see you out there.

5. Look up.

When swimming in open water, you'll need to look up every few strokes to make sure you stay on course. Practice this in the pool.

6. Find markers.

When swimming in open water, find (non-moving!) landmarks or objects to use as markers so you have a sense of your whereabouts.

7. Stay wide.

If you're swimming in an open water race, you may want to stay on the outside where there are fewer arms flailing about and less chance of being hit.

8. Learn to breathe on both sides.

If you're swimming in open water, and waves come from one side, you'll be glad you can breathe on the other.

9. Spit in your goggles.

Saliva will help keep your goggles from fogging up, so spit in them and wash them out before starting your swim.

10. Practice open water swimming.

Don't make your first open water swim your first time in open water.

11. Enjoy

The Number 1 goal at all times in your open water swimming, no matter what level of competency and commitment, is to have fun!

Cheers to having fun in OWS!

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NB: For more tips and tools on how to turn your love-hate relationship around for Open Water Swimming go to: <http://www.ChampionMindset.com.au/openwaterswimming.htm> or email Shelley at Champion@ChampionMindset.com.au

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