

Open Water Swimming Training 2017

Wykeham Lakes, Scarborough

Scarborough and District Swimming Association (SaDSA) run open water swimming training on Monday evenings at Wykeham Lakes, near Scarborough. Sessions will run each Monday from 1st May through to early September. These training sessions are run by a small group of volunteers with many years of Open Water Swimming experience. Offers of help are always welcome.

Swimmers must be 10 years and over, and be comfortable swimming 400m continuously in a swimming pool. Any swimmer under 18 years old **MUST** have land support; any swimmer 11 and under must have water support.

Signing in is from 5.45pm. On your first swim of the year you must attend the safety briefing at 6.20pm on lakeside for a 6.30pm swim. You will need to complete a registration form so we have up to date contact and medical details. You will receive a key fob; this must be hung on the tally board entering the water. Cost is £4 per session or £40 for the season; fees must be paid **before** swimming.

Facilities:

Basic changing rooms and toilets plus separate shower block. Hot drinks, etc are usually available post swim.

Large car parks are available but please park considerately - access to the lakeside must be kept clear for emergency use. There is usually a shelter on Lakeside to leave towels, warm clothes etc in for immediately after swimming. Site must be clear by 8pm.

Water: The water is extremely clear; whilst cool early on, by July & August it has usually risen to a fairly consistent 17 to 21°C in previous years.

Course: We use large yellow buoys to mark a lap between 400m and 500m in length which is usually swum in an anticlockwise direction. Shorter laps are used in the early part of the season and early sessions tend to be shorter to allow for acclimatisation to the water temperature. The number of laps swum is up to the individual, within the time limit set in the briefing. Coaching is provided as appropriate.

Safety Cover:

We use a power boat along with a number of kayaks to provide safety cover on the water. Offers of help with safety cover are always welcome; training is provided.