

SaDSA & Yorkshire

Open Water Swimming Championships

Saturday 2nd July 2016



Scarborough and District
Swimming Association

This event is hosted by us here at Wykeham Lakes.

Event information available at training; if you are not planning to enter can you help, either on land or water?

Open Water Swimming Training 2016

Monday evenings

May to September

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 9th May through to early September.

Before your first swim of the season you will need to complete a registration form. You will receive a key fob with your Membership Number and Name; this must be hung on the tally board when you exchange it for a numbered band when signing in each week.

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.

Sign in by 6.15pm; safety briefing at 6.20pm on lakeside for a 6.30pm start.

Cost is £3 per session or £30 for the season; fees must be paid **before** swimming. Anyone wishing to swim who is not a member of an ASA club will have to join through SaDSA.

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.

Facilities:

Basic changing rooms and toilets plus separate shower block. Hot drinks, etc are usually available post swim. Large car parks 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 the summer it has risen to a fairly consistent 17 to 21°C in previous years.

Course: We use large yellow buoys to mark a lap between 300m 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 given.