BEDFORDSHIRE ASA

OPEN WATER TRAINING SESSION

Introduction

Bedfordshire ASA will be holding an Open Water Training Session at the Box End Park on Saturday 1st July 2017 between 1.00 and 4.00pm, exact start times for the briefings to be confirmed.

The lake has been booked for 2.00 to 4.00pm.

There will be a limited number of places offered to swimmers from outside the county, who meet the Criteria set out in the conditions attached to the Application Form, and this will be on a 'first come first served basis'.

Criteria to participate

Refer to the Criteria set out in conditions attached to the Application Form.

The Training Session

The training session will cater for 2 categories of swimmer

1. Category 1

   Those swimmers with no or limited Open Water experience

2. Category 2

   Those swimmers who have Open Water experience/ have taken part in Open Water Competitions and/or are taking part in the 2016 East Region Open Water Championships

The training for both categories will comprise of

A briefing, covering for Category 1 swimmers: -

- Safety in the water
- Introduction to Open Water and what to expect.
- Race distances available
- Q&A

and for Category 2 swimmers

- Safety in the water
- Information on the East Region Open Water Course
- Procedures on the day of the Championship's (i.e. briefings, marking up etc)
- Preparation for the races
- Q&A

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Once the briefing is complete there will a session in the lake which will include for both categories

- Mass starts
- Sighting
- Turns
- Any specific exercises resulting from the East Region Open Water Training day being held June

The coaches for this session to be confirmed

Fee

The fee for this session will be £10 paid in advance.

Due to the 'first come first served basis' of acceptance, should a swimmer be interested, then if they contact Phil Pelling on philpelling@ntlworld.com first to confirm acceptance before making any payment.

Refer to the Application Form for details of payment etc.