

# Stop and give me 10!

With the weather getting warmer swimmers and coaches are thinking about giving Open Water a try. Here are 10 questions to ask yourself before you head into the water.



## 1. Is this your first time trying an open water swim?

It is hard to stay out of the water as a swimmer, it's what we do. If you are uncomfortable or trying open water for the first time take all necessary precautions.

## 2. Do you have a water activity buddy?

NEVER go near water on your own. You need a buddy to watch you and weather/water conditions, alert help if needed. Always have eyes on the person in the water. In the second that you are distracted by your phone your buddy could be in trouble. Make sure to tell someone on land (at home) your planned timing and location.

## 3. Are you staying local?

You know your environment where you live, how weather changes, temperatures, where help is etc. Don't travel miles to a venue you are unfamiliar with. In this time of social distancing reducing travel reduces risk to you and others.

## 4. Have you done your homework?

What is the weather going to do? What are the tides and water conditions? Are there any specific warnings? What is the water temperature? (*Minimum water temp for holding a USA swimming practice is 60.2 degrees Fahrenheit*)

## 5. Is the water environment safe?

Stop, Look & Listen. Make sure the environment is what you thought it was going to be and that you are still comfortable going for a swim. If it is crowded will you be able to observe social distancing?

## 6. Have you prepared your body correctly?

What is your warm up/down plan? Remember the water is still cold, are you acclimated for cold water?

## 7. Have you checked your equipment?

Make sure you have equipment that you might need, wetsuit, buoy, etc? If it hasn't been used for a while (last summer), double check before getting to the beach.

## 8. Are you experienced?

All water activities require safety and experience. Know your limits! A 5K in the pool is a lot different than a 5k in open water!

## 9. Do you have an escape plan?

Are there lifeguards that can see you? Do you have a guide/coach on a kayak or paddleboard to help you should you need it. *Remember don't swim alone!*

## 10. Recheck 1-9 😊

\*\* Adapted from [www.abovewater.org](http://www.abovewater.org)