



Bristol Penguin Open Water Swimming Sessions 2022



Sign up Form

<https://docs.google.com/forms/d/1NKsXqv7GNZrvlLak1y8ZOwSzM0QvkmC0IzHdU7KIhts/edit>

Summer is on its way so it must be open water season! Bristol Penguins are running open water sessions again this year. The sessions are open to all Swim England affiliated members who are at least 'club' level swimmers. Entry level is for swimmers at around Stage 9 of the National Plan for Teaching Swimming who are at least 10 years old. Anyone not a member of a swimming club may also apply to join sessions. Sessions are for those who are new to open water as well as those who have previously swam in open water settings.



Once again, we will be using the beautiful clear waters at **Cromhall (GL12 8AA)** – located in the South Gloucestershire countryside about a 25-minute drive from Bristol. **Sessions will take place on Sundays (weekly) from 15th May.** The goal of our open water swimming programme is for swimmers to develop their open water skills and confidence, to enjoy the experience and (for some) to use the sessions to help prepare for open water competitions. There will be three groups: -

- **Senior Performance** - 13 years +. 10 to 11am. For capable and experienced open water swimmers who are preparing for open water competitions such as regional and national swimming championships. Exceptional 12 year old swimmers may apply to join this group. Swimmers will join this group by way of a try out session.
- **Seniors** - 13 years +. 11.10 to 12pm. For those swimmers new to open water swimming and for those who wish to take part in open water swimming in a less competitive way.
- **Juniors** – 10 to 12 years. 12.10 to 12.55pm. For those new or relatively new to open water swimming. For this group, there will be the option of working towards the Swim England Open Water Awards.



Sessions are £12 per swimmer which covers the cost to swim at Cromhall, Penguin coaching and lifeguarding. Sessions will be led by open water swimming coach John Ferguson. We will make use of our headsets so John can talk direct swimmers in the open water.

Introductory Indoor Skills Sessions for Open Water Swimming

It is highly recommended that anyone new to open water swimming takes part in one of our indoor introduction to open water swimming sessions. The session includes a 45 minute class based session about open water swimming, how to stay safe when swimming in open water, information about wetsuits and a chance for parents and swimmers to ask any questions. This is followed by an hour long pool session where swimmers can learn some open water skills to help support them with forthcoming open water sessions.

Hengrove Park Leisure Centre. Sunday 15th May, Sunday 29th May or Sunday 5th June. Class based session from 2.30 to 3.15pm. Swim from 3.30 to 4.25pm.

Indoor Skills sessions are £10 per swimmer.

Open Water Sessions at Cromhall

The sessions will be on Sundays: 15th May, 22nd May, 29th May, 5th June, 12th June, 19th June, 26th June, 3rd July, 10th July, 24th July, 21st August, 28th August, 4th Sept, 11th Sept and 18th Sept.

Note – sessions for the Juniors group will start on 12th June.

Sign up for all sessions by completing this google form.

<https://docs.google.com/forms/d/1NKsXqv7GNZrvlLak1y8ZOwSzM0QvkmC0IzHdU7KIhts/edit>



Sign up Conditions / Finances / insurance / Payment

For Penguin members, your place will be confirmed by email. At this point, fees will be charged to your account via Team Unify account. For non-Penguin members, provisional booking will be confirmed by email and once we've received payment (via BACS), the place will be confirmed. Fees are non-refundable.

All places will be allocated first come first serve. Swimmers may sign up for one, multiple or all sessions. You are encouraged to sign up in one go but you may complete the form more than once. E.g. sign up for some sessions early in the season and then more at a later date. **You must sign up for any session at least two weeks in advance.** Swimmers are not required to join Bristol Penguins to attend any of the sessions provided they have permission from their head coach. If head coach permission is not forthcoming, swimmers can still join the sessions and can be insured by joining Bristol Penguins (home club membership unaffected). To be insured for the sessions, their club must register swimmers with Swim England as an open water swimmer. Swimmers will not be able to join in sessions if they are not registered as open water swimmers and no refunds will be provided. Swimmers who are not currently Swim England registered may join the sessions but will be required to join Bristol Penguins to become Swim England affiliated. This will cost £15 and is subject to a further £20 if swimmer wishes to then take part in competitions.

Use of wetsuits / temperature of water

We expect the water temperatures in May to be around 13 to 15 degrees with temperatures in reaching around 20 °C in the height of summer. Swim England rules / guidance around wetsuits is based around water temperatures are as follows: -

- 20°C and above – no wetsuit.
- 18-19.9 °C – choose to wear a wetsuit or not. 16 to 17.9 °C – wetsuits are compulsory.
- Temperatures below 15.9 °C – we will risk assess if swimming can take place.



Swimmers will need a wetsuit for the outdoor sessions. Bristol Penguins have a small collection of wetsuits available for those who wish to borrow one (free of charge). Alternatively, wetsuits can be purchased or hired from a range of suppliers. For example: <https://mywetsuithire.co.uk/> <https://www.triwetsuithire.co.uk/>

Other items to bring

For the outdoor sessions, swimmers should wear a swimming hat and swimmers should not wear watches or jewellery. Swimmers need to bring their swimming stuff, a warm change of clothes, two towels, drink and snack. Trainers or flip flops are needed to put on to wear before and after swimming. Swimmers may want to wear ear plugs and have an anti-chafe product – e.g. Vaseline.

Helpers needed

We ask parents to be in attendance for the outdoor sessions. For each session, we need some volunteers to assist with being a spotter. If you can help, please indicate this when completing the google form.

Swim Coach Supported Target Competitions / Opportunities

- 22nd May - Swim England South West Pool to Open Water Day – Monkton Coombe School*
- 5th June – Swim England South West Open Water Development Day – Vobster Quay*
- Swim Wales Challenge Stage 1 – Llandegfedd. 18th June. Sign up direct with the organisers. <https://www.swimwales.org/events/challenge-series-llandegfedd>
- Swim England SW Open Water Championships. Saturday 2nd July. Lake 86 near Cirencester*
- The Bristol Swim Festival. Saturday 2nd July. Cromhall. Good lighter alternative to SW Champs. https://www.dbmax.co.uk/events/the-bristol-swim-festival-2nd-july-2022/?fbclid=IwAR2DC-S5q3eRUhqOJQeOCzmpavZ24zxvH57he8eXTSokwIRC_xZIW4o_BK0
- Swim England National Open Water Age Group Champs. Wed 10th Aug. Thrybergh, Rotherham*
- Cotswold Big Swim Series. 10th September. Sign up direct with the organisers. <https://www.cotswoldbigswim.com/>

If sign up is direct, please let us know you have entered. *Awaiting more information from organisers.

Possible Sea Swim – in the past we have organised a sea swim / day out in late August. More details to follow.

Any Queries

Please email Bristol Penguin Chairperson - Ben Mullen – ben.mullen@bristolpenguins.com