

**Bookkeeping** Signed waiver forms are required from everybody. And tuition checks, except from those who signed up online. Did you know that “bookkeeping” is the only word in the English language with three double letters in a row?

**Introductions** Instructors and students – who are you and what brings you here?

## **Safety Procedures**

Please wear a light-colored cap. I have some white and yellow latex caps that can be placed over neoprene or other darker caps.

At least two coaches will be in kayaks. One coach will always be alongside or behind the last swimmer. There will be at least one coach for each six swimmers.

If you cramp or panic, remember that these are not life-threatening situations. Breathe deeply, get into a comfortable position, relax as much as possible, and signal one of the coaches. A panic reaction causes you to gasp and hold your breath – and you usually have to make an effort to exhale. Try to exhale forcefully, and then try to resume a normal, even breathing pattern.

If you need assistance, call or wave to get a coach’s attention. Do not grab hold of a kayak – the coach may not be able to help you if the kayak is capsized. Each kayak will have a rescue buoy or other floatation device attached that you can hold onto, and that can be towed by the kayaker.

## **Hypothermia Prevention**

- Wetsuits are required when the water temperature is below 78° F.
- Neoprene caps are recommended early (or late) in the season.
- Neoprene booties or socks, and neoprene gloves can be used at any time, but be aware that you are not allowed to race with anything on your hands or feet.
- Ear plugs prevent cold water from cooling your balance center (in your inner ear).

## **Suiting Up and Warming Up Before Swimming**

- Body Glide or other lubricant (not PAM or other vegetable oil)
- Plastic bag can be placed over a leg or arm
- Sunscreen
- Goggles – more fogging in colder water – may want to try anti-fog solution, or baby shampoo
- Warm up by running a few minutes, doing squats, burpees, whatever. The important thing is to get your heart rate up to minimize a normal heart-rate spike when you get into cold water.

## **Swimming**

Intro to sighting – short swims in and out. The closest moored sailboat to the starting point (in front of the porta-johns) is about 100 yds from shore at low tide (150 at high tide). The goal of the first session is to start getting acclimated to the cold, start getting comfortable with sighting, and begin to feel relaxed in open water to the point where you can take the same number of strokes swimming out to the turnaround point as you take on the return swim.

## **Lesson Plans Online**

Lesson plans are available online from the following webpage (look under Open Water):

<http://www.breakwatersportstraining.com/handouts.html>