

## Adult Cold Water Swimming Information

### Contact number

Elizabeth Mills: 07795026207

### Location

Address: Yarrells School, Yarrells House, Upton, BH16 5EU.

### Parking

There is plenty of free parking in the school car park.

### Getting there from the car park

Go through the wooden gate on the left of the car park. Walk down the stoney path and turn left. (Turning right will take you to the toilets).

### When you arrive... **WELCOME!**

Continue down the stoney path to the swimming pool, which you will see on the right. The changing rooms are on the left. Please **remove outdoor shoes** before entering the changing rooms. Swimmers entering the pool dome will need to walk through a shallow foot bath to remove any dirt. Only swimmers permitted on poolside. You are welcome to arrive on poolside 5 minutes before the start of the session.

Please keep mobile phones away in the changing rooms. Please do not use your phones or cameras in the changing rooms. (Swim England Policy).

Thank you.

### What to bring...

- Please bring plenty of **warm clothes** to put on after your swim, including lots of layers, dry robe/warm coat, a woolly hat, gloves, warm socks and warm footwear.
- Please bring a **waist belt** from a tow float, to wear in the water during your swim. This is for extra safety.
- Please bring a **reuseable mug** for the free hot chocolate, (or your own hot drink in a thermos, if you'd prefer).

### What to wear in the pool...

- A costume/trunks
- Waist belt from a tow float (for your safety)
- A swim hat - to keep you warmer in the water when you are swimming, or a woolly hat for dipping/head up swimming (and a spare dry one for afterwards).

- Ear plugs are a really good idea to help protect your ears from the cold and ear infections.
- Goggles – non tinted ones are recommended (due to the nature of the lighting in the pool area).
- An adventure light (waterproof light) is recommended - put this on the strap of your goggles so you are more visible.

#### Extras...

- You are welcome to wear wetsuit gloves and/or wetsuit socks/boots. Please ensure these are clean - no salt water or sand in the pool please!
- Neoprene swimming costumes/rash vests/shorts/hats are allowed.
- If you wish to wear a wetsuit (if you are training for a wetsuit event, for example), please only put it on and off in the outside undercover section of the changing rooms. Please do not put it on and off on poolside or the inside changing rooms. (This is to avoid slips). Please ensure wetsuits are clean and free from salt and sand.
- You are welcome to take your **towel/dryrobe** to the poolside and leave on the benches. There is a short walk outside across the path, from the changing rooms to the pool, so you may wish to bring flip flops/crocs to wear across from the pool to the changing rooms.
- Please remove jewellery before entering the pool.
- Please bring any **medication** (e.g. inhalers) onto the poolside.

#### *For the Monday Cold Water Swimming Sessions Only (Not the Zen Thursday Sessions)* *Swimming Equipment...*

- *You are welcome to bring a float and/or pull buoy if you want to follow a swimming training set – (they'll be an optional programme each week). Please note, snorkels, hand paddles and fins are not required for our cold water training sets.*

#### Changing Facilities/Accessibility

There are toilet facilities, which are a short walk down a path from the swimming pool/changing rooms. There are male and female changing rooms. Please feel free to come 'beach ready', to save time in the changing rooms. There is a very low step up into the changing room area from the path. There are four steps leading up to the pool area, from the path. Please note, there are currently no accessible separate changing rooms or toilet facilities.

#### The Pool

The pool is beautifully maintained and recently refurbished. It is situated within a clear dome, where you can see the sky and trees whilst you swim! The dome can be opened up in sections to allow the sky to meet the pool! The pool temperature will vary between around 20 degrees Celcius at the beginning of November, and could drop to 10 degrees or below, in December/January/February. The length of the pool is 17.2m. 1000m is 58 lengths. 1 mile (1609m) is 94 lengths. The shallow end is 1m in depth and the deep end is 2m deep.

## **Cancellation**

We regret that no refunds, roll overs or swaps with another person, can be given for missed sessions. If I have to cancel the session myself, you will be given an alternative/roll over lesson, or full refund (if I am unable to provide an alternative lesson).

**Please only come swimming if you are feeling well.**

If there are any changes in your contact information, including medical information, please let me know before you start your session.

*We hope you enjoy your swim!*