

Cold Water Swimming – Yarrells School Pool, Upton

November 2026 – March 2027



What to Bring and Wear

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 **reusable 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 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.

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.