



Cold Weather Swimming

The most important thing about cold weather swimming is to keep yourself as warm as possible. You will be warm when you do your warm-up, races/practices and warm-downs, however you might need to plan for the time in-between.

Things to remember for Cold Weather Swimming:

- You still need to stay hydrated. **DRINK WATER!**
- You lose heat through your extremities. **KEEP THEM COVERED☺**
- Stay sheltered if it is windy.
- Your pre-race routine should be different than during the warm weather season. When it is cold try to go to the blocks, ready to swim, in your parka, cap and boots.
- After your race, make sure you follow the BEAR meet procedures and warm-down **IMMEDIATELY**. When you have completed your warm-down, get dressed before you come and talk to the coaches with your meet binder.
- You will have to pack more for a cold weather swim meet/practice, but don't forget your cap and goggles.

Essential Cold Weather Swimming Items:

- **A HAT!** Cover your head at all times especially when it is wet. After you swim try to towel dry your hair as much as possible and then put on your hat.
- **SHOES, SOCKS, BOOTS...** Something on your feet. Slip-on boots are the best. You can wear them, your parka and a hat/cap to the blocks before your races. When you hear the three whistles for your heat, kick them off.
- **GLOVES/MITTENS.** Keep your extremities covered☺
- **EXTRA PAIR OF DRY CLOTHES.** Things get wet at swim meets and practice.
- **EXTRA TOWELS.**
- **PARKA/JACKET.** Never hurts to have that extra layer. A blanket can help if you need a layer on top of your parka.

Little Extras: Hand/feet warmers, scarf or extra layers.