

# Environmental Safety Training And Gear Advice For Cold Water Open Water And

Cold water open water swimming is a popular and challenging activity, but it's important to be aware of the risks involved. Hypothermia is a serious medical condition that can occur when the body loses heat faster than it can produce it. In cold water, hypothermia can set in quickly, even in experienced swimmers.

There are a number of things you can do to reduce your risk of hypothermia, including:



## 1001 Outdoor Swimming Tips: Environmental, safety, training and gear advice for cold-water, open-water and wild swimmers (1001 Tips Book 5) by Calum Maclean

★★★★☆ 4.4 out of 5

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\* Wearing the proper gear \* Swimming in a group \* Being aware of the water temperature \* Staying hydrated \* Avoiding alcohol and drugs

In this article, we'll provide you with more detailed information about environmental safety training and gear advice for cold water open water

swimming. We'll also provide you with some tips on how to stay safe and have fun while swimming in cold water.

## **Environmental Safety Training**

Environmental safety training is an important part of preparing for cold water open water swimming. This training will teach you about the risks of hypothermia and how to avoid them. You'll also learn about the different types of gear that are available to help you stay warm in cold water.

There are a number of different organizations that offer environmental safety training for cold water open water swimming. The following are a few of the most popular:

\* The United States Coast Guard Auxiliary \* The American Red Cross \* The National Water Safety School

These organizations offer a variety of training courses, so you can choose the one that best meets your needs.

## **Gear Advice**

The proper gear can help you stay warm and safe in cold water. The following are some of the most important pieces of gear for cold water open water swimming:

\* A wetsuit or drysuit \* A swim cap \* Goggles \* Gloves \* Booties

A wetsuit or drysuit is the most important piece of gear for cold water open water swimming. A wetsuit traps a layer of water between your body and the suit, which helps to insulate you from the cold water. A drysuit is a

waterproof suit that keeps you completely dry. Drysuits are more expensive than wetsuits, but they offer more protection from the cold.

A swim cap helps to keep your head warm. Goggles protect your eyes from the sun and the cold water. Gloves and booties help to keep your hands and feet warm.

It's important to choose the right size and type of gear for your needs. Be sure to try on your gear before you buy it, and make sure that it fits snugly but not too tightly.

### **Tips For Staying Safe**

In addition to wearing the proper gear, there are a number of other things you can do to stay safe while swimming in cold water. Here are a few tips:

- \* Swim in a group. Swimming in a group is always safer than swimming alone. If you get into trouble, your friends can help you.
- \* Be aware of the water temperature. The colder the water, the greater the risk of hypothermia. Avoid swimming in water that is below 50 degrees Fahrenheit.
- \* Stay hydrated. Dehydration can make you more susceptible to hypothermia. Be sure to drink plenty of fluids before, during, and after your swim.
- \* Avoid alcohol and drugs. Alcohol and drugs can impair your judgment and make you more susceptible to hypothermia.

By following these tips, you can help to reduce your risk of hypothermia and have a safe and enjoyable swim in cold water.

Cold water open water swimming can be a great way to get exercise and enjoy the outdoors. However, it's important to be aware of the risks involved

and to take steps to protect yourself from hypothermia. By following the advice in this article, you can help to stay safe and have fun while swimming in cold water.



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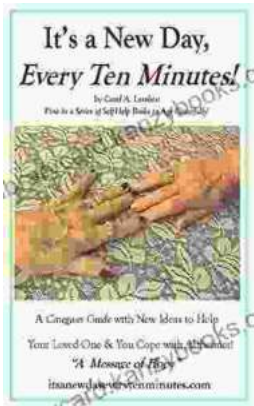
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