



Open Water Swim

All swimmers must be able to swim a minimum of 400m (continuous) and tread water for 2 minutes continuous) before attempting an open water swim.

If it is your first session, or if you are nervous please advise the coaches prior to entering the water.

COVID 19 NEW RULES

Make sure you sign in electronically, email sent to each individual.

All participants must take personal responsibility and decide if they are happy to return to training.

Strict physical distance adhered to at all times, no tea / coffee after and no hanging around after session.

If you are medically vulnerable please use your judgement on suitability of session.

Keep good sneeze and cough etiquette.

Wear masks when in carpark, dispose of them appropriately. do not litter

Know symptoms of covid19 and do not attend session if you have any

Limit time spent in company

The coached swim session will take place using the red buoy (group 1) and white & yellow buoys (group 2) , the coaches will give swimmers the session plan before entering the water. (Note that these marked areas are subject to change, and swimmers will be advised before the session) .

We will use the buddy system when open water swimming - go out in pairs, or threes of equal ability swimmers.

Before entering the water make sure you know who your buddy/s is/are, and they know who you are.

Swimmers who are not taking part in the coached sessions within the marked areas are considered not part of the session, and therefore asked not to sign in.

Brightly coloured swim caps are advised

If you encounter any difficulty in the water roll onto your back and put your fist in the air and use your voice to get attention, the buoyancy of your wetsuit will keep you afloat

- A kayaker will come over to you and give you instruction
- Approach the kayak from the front or back only
- Do not approach or attempt to get onto the kayak, unless requested to do so by the kayaker



Guests

If you are bringing a guest to the OWS session who are not members of TI please email swim@pulsetri.com prior to the session.

On the night guests will be asked to sign the Triathlon guest sheet, as well as the normal sign-in sheet. during pandemic this will be done pre session electronically.

Swim Course - Killiney Beach

