

LSC Open Water Camp

Proposal

Evening:

Welcome Dinner

- Campers, coaches, staff. Invite parents to attend.
- Speaker: someone with open water experience. (National Level Swimmers, Masters, Tri-Athletes)
- Show the 2006 World Championships 10K DVD

Registration

Meeting

- Code of Conduct
- Rules of Camp
- Give out info that is also a Journal
- What to expect tomorrow

Bed time for swimmers

Meeting for coaches and staff:

- A brief presentation on the camp itself (agenda, timeline, what to expect, etc.)
- Presentation by an OW swimmer, coach, or official covering the basics of training for OW swimming and race day activities.
 - Basics of open water races (information coaches can pass on to their swimmers)
 1. pre-race activities to include race day nutrition and pre-race knowledge of the course and possible tides
 2. proper race warm-up
 3. starts
 4. pack/buddy swimming
 5. buoys: what are they for and how to manage them
 6. pacing
 7. stroke technique
 8. eating/hydration during the race
 9. using spotters and/or support craft
 10. finish procedures
 - Basics of OW races (information for coaches)
 1. pre-race activities
 2. kayak/support craft operation and regulations
 3. spotting
 4. eating/hydration and their importance
 5. Pacing
 - Provide coaches with a list of OW races in their general areas (TBD by the camp directors) with contact numbers for those races.

- Stress to the coaches that open water swimming can be a fun and different way of swimming and that they should convey this message to swimmers and parent alike

Morning

Breakfast

Classroom (1 hour):

- Race Preps (What to bring, Vaseline, Sun Block)
- Starts
- Turns

Snack (Crackers and Sportsdrink)

Pool (1.5 hours. Note: take lanelines out.

- Starts
- Stroke Modification
- Buoy Turns
- Make waves with kickboards to practice in choppy pool
- Sighting exercises:

1. Tee:

Objective: To quickly spot a small object in the water.

Description: Swimmers stand on the edge of the pool while one swimmer hides a golf tee in the water. When a swimmer sees the tee they shout "tee" and then enter the water and race to it. The person who finds and captures the tee first will then hide the tee in the next round.

Equipment: One white golf tee.

2. Eyes Closed Swimming

Objective: To determine how often a swimmer needs to sight a buoy, and to develop body balance in the water.

Description: Swimmers swim with their eyes closed while counting their strokes. A Partner will then stop them when they are no longer traveling in a straight line or come close to a wall at the completion of the lap. The number of strokes they take before changing direction will give them a better idea how often they need to sight a buoy in order to stay on course in an open water swim. The drill also emphasizes proper mechanics and good body balance.

Lunch

Afternoon

Swimmer Classroom (.5 Hour)

Hydration and Nutrition
What to eat day before

Coaches Classroom (.5 Hour)

Meet with trainer or use Jim Miller's slide presentation
Discuss attached medical guide

Classroom (.5 hour) Coaches and Swimmers

Race Strategies

- Look at the course before the race so that you can anticipate all turns, if possible, go out on the course
- Position yourself towards the middle of the start of the race so that you can get a good position in the pack
- Stay close to the buoys while making turns.
- Stay with the pack as long a possible.
- Try to stay near the front of the pack so that you know when someone breaks away, but avoid leading the pack so that people don't draft off of you.
- Swim in a straight line
- To coaches: know the currents

Open Water (pool if not available) (1.5-2 Hour)

- Sighting
- Pack Swimming
- Practice Race Strategy
- Feeding

Wrap-UP: Classroom (1 Hour)

Note: For two day camp skip this wrap-up activity and use at end of camp

- Snack and Gatorade
- Trivia: Questions to be asked on the last day of the camp as a review of the material covered during camp. Prizes can be used as incentive. Some questions that might be asked include:
 3. What is a pack?
 4. Where is the best place to be in a pack?
 5. What is the best way to turn around a buoy?
 6. How often should you sight a buoy?
 7. Is drafting legal in open water swimming?
 8. Name two things you should do before every open water race.
 9. What is the longest open water race in the world and where is it held?
 10. Where are Open Water Nationals held this coming year?
 11. What distance of open water race is swum in the Olympics?
 12. What three distances are swum at US Open Water Nationals?
 13. Name two famous open water swimmers (Current or Past)?
 14. What stroke is allowed in open water swimming?
- Provide info of local races. If you have hand outs pass out now.
- Have athletes get their journals signed by other campers
- Good-bye

Evening: (For two day camp)

- Dinner
- Fun activity, games, movie, etc.
- Bedtime
- Coaches talk about next day activities

Day 2: Morning

- Breakfast
- Meeting to explain morning activities
- Fewer drills and longer straight swims
- Classroom wrap-up: see above

Equipment

Beside the regular swim equipment:

Swimmers bring sun block, kickboard

Camp Equipment (* needed for pool, other items needed if open water is being used):

- 1 buoy minimum or beach ball*
- 1 kayak, canoe, or paddle board per coach and life jackets
- 1 power boat to patrol area outside of swim area
- Vaseline*
- Baggies to put Vaseline on*
- 2 way radios*
- First Aid Kit
 - Vinegar if jelly fish might be a problem
 - Sun Block
 - Thermal Blanket

Medical Issues in Open Water Swimming

(Diane Limerick ATC)

Type of Issues	Prevention, Signs and symptoms	First Aid
<p>Nutrition and Fluid Balance</p> <p>Swimmers can be in the water for 2-4 hours up to 6-8 for a 25 km. It is important to recognize that the body has to have a reserve of carbohydrates and liquids for nutritional support. It is recommended that 200-400 milliliters of balanced carbohydrates/electrolyte solutions is ingested every half hour to reduce cramping.</p> <p>Exhaustion (see Hypothermia)</p> <p>Occurs from lack of energy from inadequate nutritional intake and from the effects of hypothermia.</p>	<p>Cramping Tiredness</p>	<p>It is important to limit the duration of a break to less than 30 seconds to reduce the risk of hypothermal and muscles stiffness.</p>
<p>Hypothermia (lowered body temperature):</p> <p>As body temperature is reduced, the blood vessels constrict and a larger amount of heat is lost through the head and neck rather than the rest of the body.</p>	<p>Prevention:</p> <p>Use lanoline; apply to the skin as lubrication and around neck, groin and armpit.</p> <p>Signs and Symptoms</p> <ul style="list-style-type: none"> • Uncoordinated swimming movements • Continual veering off course • Mental processes dulled, many appear vague when stopped • Unable to raise arms above head • Unable to obey commands or answer questions 	<p>Remove from the water</p> <p>Handle gently, dry thoroughly</p> <p>Wrap with thick blankets Cover head and neck Protect from the wind</p> <p>Food and fluids should be encouraged in small amount</p> <p>No alcoholic beverages</p> <p>Must see a physician</p>

<p>Heat cramps</p> <p>Muscular pain and spasm that occurs in the body when it loses too much salt from sweating</p>	<p>Prevention:</p> <p>Hydrate well one week before race</p> <p>Signs and symptoms</p> <ul style="list-style-type: none"> • Severe muscle pain and spasms • Pale, moist skin • Normal body Temperature • Rapid pulse • Faintness, dizziness and exhaustion 	<p>Remove to a cool place</p> <p>If not nauseated, drink cool water</p> <p>Lie down if feeling faint</p>
<p>Heat Exhaustion</p> <p>Results from serious disturbance of blood flow. If water is not adequately replaced, blood circulation diminishes brain and heart and lung function</p>	<p>Prevention:</p> <p>Hydrate weeks before the race</p> <p>Signs and symptoms:</p> <ul style="list-style-type: none"> • Headache, dizziness • Profuse Sweating • Pale, cool sweaty skin • Body temperature normal • Dilated pupils at times • Weakness, dry mouth • Possible heat cramps 	<p>Move to a cool place</p> <p>Sponge down but not to give a chill</p> <p>Lie down if feeling faint</p>
<p>Heat stroke</p> <p>Serious Condition resulting from failure of the heat-regulating mechanism of the body</p>	<p>Prevention:</p> <p>Hydrate weeks before the race</p> <p>Signs and Symptoms</p> <ul style="list-style-type: none"> • Dry, red skin • No sweating • Body temperature 106 or higher • Rapid pulse and breathing • Dizziness, fainting, exhaustion • Collapse and 	<p>Medical emergency</p> <p>Cool down immediately</p> <p>Call 911</p> <p>Must reduce the body temperature with cold towels</p>

	unconsciousness	
<p>General Pain.</p> <p>About 15 m into a swim, many swimmers develop pain, especially shoulder pain.</p>	<p>May be abusive</p> <p>Can obey commands and answer questions</p>	<p>Have considerable tolerance, it is not aimed at you</p> <p>Be supportive</p>
<p>Sunburn</p> <p>This is a real risk despite the water</p>	<p>Prevention:</p> <p>Use 15+ water proof sun block.</p> <p>If using lanoline for warmth put sun block on 15 minutes prior to lanoline</p> <p>Included behind ears, back, back of legs and bottom of feet</p>	<p>Cool compresses</p> <p>100% Aloe</p>
<p>Wound Care</p> <p>May occur on the beach, dock or on the bottom of the open water. This can be on the extremities of the body.</p>	<p>Abrasion: bleeding is limited</p> <p>Avulsion: separation or tearing from the body. Heavy, rapid bleeding</p> <p>Incision: sharp wound caused from a sharp object such as glass or metal. Deep cut with rapid bleeding. May cause muscle or tendon damage.</p> <p>Laceration: jagged, irregular tear in the soft tissue</p> <p>Puncture: a hole produced by an object piercing layers of skin. External bleeding is limited but may cause internal bleeding.</p>	<p>All wounds:</p> <p>Control the bleeding by direct pressure and clean, sterile dressing.</p> <p>Clean if able.</p> <p>Puncture wound: DO NOT REMOVE THE OBJECT. Cover with the object in the wound.</p> <p>Seek Medical care to prevent infection.</p>
<p>Jellyfish Stings:</p> <p>These are worse for people who are susceptible to stings.</p> <p>Prevention: Lanoline will help. Vaseline is less effective because with heat it melts off.</p> <p>Prevention: Use of Safe Sea</p>	<p>Pain maybe severe</p> <p>Nausea</p> <p>Vomiting</p>	<p>Immediate warm shower to open pores.</p> <p>White vinegar has been used to soothe the sting site</p> <p>Baking soda pack.</p>

Lotion SPF 50 or 30. Used to protect against sea lice and jelly fish stings.		Persistence pain, seek physician help
Swallowed Salt water	Ingestion often resulting in vomiting	Reassure Persistent vomiting may require removal
Chafing Occurs where skin rubs skin or the suit rubs the skin Normal areas of problems are underarms, suit straps, especially on the neck, the back of the neck and groin area.	Prevention is a must! Placing Vaseline on these areas prior to workout or competition	Treat as a wound
Ear infections	Prevention: put ear drops in the ears as soon as leaving the water	
Mouth wash	Gargle with mouth wash as soon as leaving the water.	