

Transitioning to Coaching Open Water

Tuesday, June 9, 2020 Michael Hamm, USMS Level 4 Coach





USMS Resources (usms.org)

Our hope is to provide resources to your facility or club no matter where you are in the process. Remember that the safety our of members is of the utmost importance as we move into this through this difficult time.

- https://www.usms.org/about-usms/covid19-information/covid19-coach-resources
- Sample Liability Release Form
- CDC Safety Considerations
- Covid-19 Event Resources: <u>https://www.usms.org/events/covid-19-event-resources</u>



Workout Models

USMS Approved Activity

- Insurance Info <u>https://www.usms.org/club-central/insurance</u>
- All participants must be USMS registered members

Must be a USMS registered member directly supervising the workout (line of sight)

Non-USMS Activity

- Swim At Your Own Risk
- Buddy system
- Point and Sweeper system



Considerations

Know before you go...

What is the Plan?

- State Regulations? Numbers? Gatherings?
- Features of venue?
- Tide/currents?
- Emergency Action Plan
- ➤ Traffic



Considerations

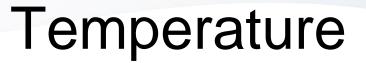
Know before you go...

- Local Rules (no boatramps, etc)
- Freakout Factor
- Cramping
- Goggle fit

- Anti Chafing application
- Bright Visibility Caps
- Swim Buoy
- > Where are my car keys?

(Temperature – next slide)





Cold Water Considerations

Super easy start
Ventilation
Wetsuit fit





Hot Water Considerations

Overheating
Hydration
"Wetsuit Legal" temp 78f



Emergency Action Plan

What do you do when...

Someone gets a cramp and can't move on their own?
Someone wants to turn back?

Make sure you have a plan before you go...





Five Open Water Training Drills – David Miner
What Coaches Should Do After a Long Layoff From Workouts – Terry Heggy
Try These Types of Workouts to Help You Get Ready... - Kris Goodrich
What to Look Out for When Selecting a New Open Water Site – Elaine K Howley
How to Prepare for a Cold Open Water Swim – Scott Bay

□ <u>What to Know About Relocating Pool Workouts to the Open Water</u> – Erica Slaughter

For even more see: <u>https://www.usms.org/fitness-and-training/articles-and-videos</u>



Questions?