



**U.S. MASTERS
SWIMMING**

Transitioning to Coaching Open Water

Tuesday, June 9, 2020

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Covid-19

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 of our 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: <https://www.usms.org/events/covid-19-event-resources>



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Workout Models

USMS Approved Activity

- ❖ Insurance Info - <https://www.usms.org/club-central/insurance>
- ❖ 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



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Considerations

Know before you go...

What is the Plan?

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



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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)



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Temperature

Cold Water Considerations

1. Super easy start
2. Ventilation
3. Wetsuit fit



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Temperature

Hot Water Considerations

1. Overheating
2. Hydration
3. “Wetsuit Legal” temp 78f



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Emergency Action Plan

What do you do when...

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

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



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Resources

- ❑ [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
- ❑ [What to Know About Relocating Pool Workouts to the Open Water](#) – Erica Slaughter

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



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Questions?