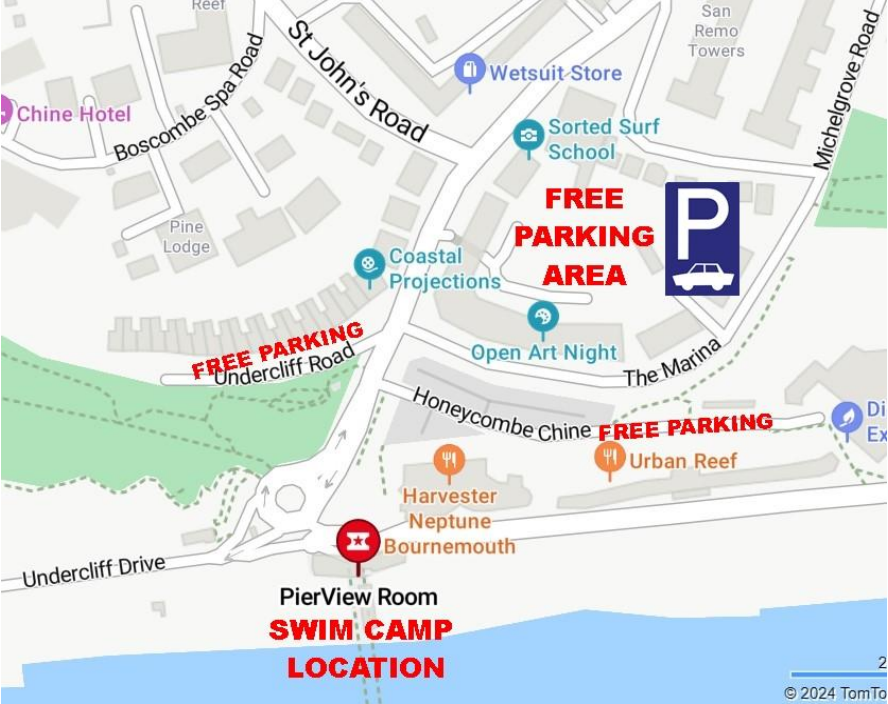




Here's some useful information to help you get the best from this our sea swim camp.

SWIM BASE: PIERVIEW ROOM, BOSCOMBE PIER, BH5 1BN





Our swim base - PierView Room



- Wi-Fi
- Food preparation and storage area
- Fridge, Freezer and Microwave
- A hot water urn, cups plates etc
- Public toilet facilities next door

The Questions and Answer sessions are also located here again subject to weather. You do not need to attend these as you can go and explore the area instead.

Free Parking: Located above the swim camp location. See above map.

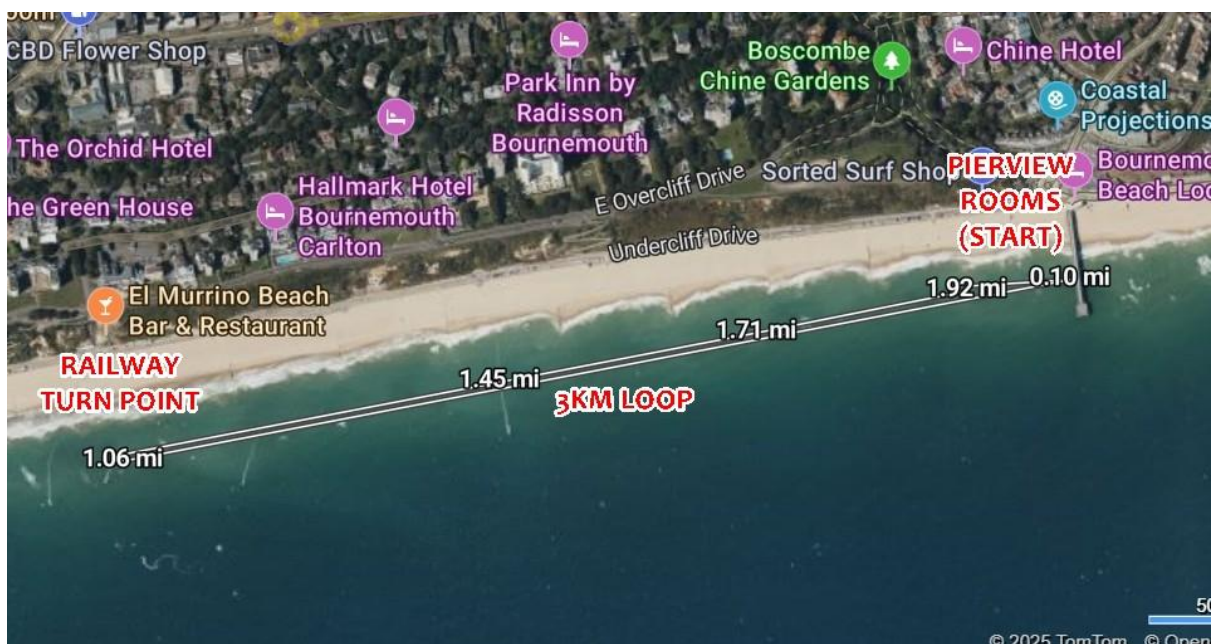
Toilets: Located next to swim base and in any number of local cafes.

Facilities: We are spoilt for choice with cafes, ice cream and coffee huts all along the promenade.

Rinse showers are close by in addition to the drinking water tap refills *Refill Revolution*

Lifeguard Stations: Are along the full stretch of the beach, keeping an eye on your good selves from 0930 onwards.

Our Swim Course: Firstly, every morning swim starts in the water at 0930hrs unless stated otherwise.





We swim from PierView Room, take a left to Boscombe Pier, return back past your start and turning at East Cliff lift. Each loop being approximately 3km (see swim course map above). This will vary depending on conditions, the tidal run and swimmer's speed.

Note: On Day One you will be reviewing this loop, making a mental note of the point on land you get to. Turn-around points back to our swim base will be different for all. It may vary day to day and you may have to extend or reduce your swim loop to fit with the exit or feed times. **FEEDING IS HOURLY *flexibility is required**

The sea is unpredictable and can be more challenging for us freshwater folk as it presents other factors that need considering and which you will learn as the week progresses. It will be a great learning experience for sure!

All swims take place within the swim zone marked by a line of yellow buoys 200m from the shoreline where there should be no powered crafts/vessels. On sunny days there will be other swimmer and tourists taking a splash, so be mindful.



As well as lifeguard stations we will also have land crew spotting and kayak/paddler where possible. If you were to feel unwell you simply exit the water and head to the beach. At no point will you be isolated and there is usually lots of people in the area.

We do not know every swimmer's individual capabilities, so it is up to you to continually self-assess and review your own progress. The times given are a general target and are not an absolute must! If you begin to feel unwell or you are getting overly cold get out. Equally, if one of the team or even another swimmer advises you to reduce your swim time or get out then listen to this advice.



Kit List:

- Towfloats are compulsory (unless wind makes them a nuisance)
- Bright swim cap (one only for qualifying swims)
- Ear Plugs (highly recommended)
- Lots of loose layers post-swim
- Swim Kit that meets official swim rules (if needed)
- Qualifying paperwork that requires signing if relevant
- Wetsuits (if required)
- Medication. Inhalers should be on your person in your float etc OR it can be labelled and left with land crew.
- Sea sickness medication - yes, it can happen!
- Anti-chafe lotion / high factor sunscreen
- Feeds / bottles (Your swim number allocated on Day one should be written on bottle with Feed number 1. 2. 3, etc). Individuals are responsible for providing feeds ready mixed. This puts you in charge of your own fuelling. Crew will simply add hot water if required to a written mark on the bottle



If unsure about feeds, contact Karen on sales@uswimopenwater.com

What we provide for you:

- Land Crew / On water where available
- In-water feeding for a 2 and 6 hour *qualifying* swims only
- 1-2-1 with Coaches to discuss personal swim plans / concerns / training
- Goody Bag for full camp attendees
- 2 x Q & A's all things marathon swimming/qualifying with Team Q
- An experienced, enthusiastic, professional team
- Photos and videos
- Hot drinks in the hut, fresh fruit for feeds and post swim snacks included

*Special considerations please let Karen know



Swim Schedule (May be subject to slight change)

We are aware that not all swimmers on this camp want long hours in the water but want to increase their confidence and experience. The swims will be adapted for you so please don't let this schedule put you off.

START - DAY ONE - Sunday 24th May

- 10:00-11:00 - Meet and Greet at Pier view Room. A brief introduction and chance to collect your bag
- 11:30-12:30 - 30mins - One hour - Acclimatisation to work out swim loops. NO FEEDS
- 13:00-14:30 - Lunch / 1-2-1 allocated with coaches. *Times allocated to Coaches
- 14:30-16:00 - 30-90 mins maximum
- 16:00-17:00 - Q & A's with Team Q - EFFECTIVE SWIM PREPARATION
- 17:00: FINISH

DAY TWO - Monday 25th May

- 09:30-11:30 - Up to 2 hours for Marathon Swimmers - FEED AT ONE HOUR
- 09:30-11:30 - Relay/others in for 30 minutes, out for 30mins x 2 - NO FEEDS
- BREAK
- 12:30-14:30 - Up to 2 hours for Marathon Swimmers - FEED AT ONE HOUR
- 12:30-13:30 - Relay/others 1 hour
- 13:30- 14:30 - BREAK
- 14:30-16:00 - NUTRITION Q & A'S
- 16:00: FINISH

DAY THREE - Tuesday 26th May

- 09:30-13:30 - 4 hours for Marathon Swimmers - 3 FEEDS *Note those booked for 6 hours Wednesday should REST or do ONE hour only and focus on qualifier / support others *to be discussed
- 09:30-11:30: 2 Hour Qualifier opportunity - FEED 1 hr
- BREAK
- 1230-1330: 1 hour continuous swim
- 1400-1500: Q and A with EC Pilot Kevin Sherman
- 1500-1600: Q and A on swimming the EC (Rees/Quartermain)
- 16:00: FINISH



DAY FOUR - Wednesday 27th May

- 09:30-15:30 - 6 Hour Swims/Qualifiers - FEEDS HOURLY/45/30 as needed will adapt
- 09:30-15:30 - Others- 2 hours in / 2 out / 2 in
- *Catch ups with coaches and lunch on the 2 hours out
- 15:30-16:30 - RECOVER
- 18:30pm EVENING GET TOGETHER at Pier Vier Room

PLEASE CONFIRM NUMBERS FOR FOOD or may have picnic on the beach/pizza in the room

FINISH - DAY FIVE - Thursday 28th May

- 09:30-11:30 - Swim fun! Play and a good and time to reflect with Coaches on your week
- CAMP ENDS 12:30 😞

BOURNEMOUTH SEA TRAINING CAMP ORGANISERS

Karen Quartermain - CEO Qswim Adventure (formerly Uswim Adventure)

- ASA Level 2 Swim Coach
- STA Level 2 Open Water Coach
- BTF Level 2 Triathlon Coach
- RLSS National Water Safety Management Programme Levels, 1, 2, 3
- RLSS Open Water Lifeguard/First Aid
- Powerboat Level 2
- Diploma in Cold Water Therapy
- Coach/Guide/Mentor of over 1K swimmers throughout UK and beyond

Dave Quartermain - Founder of Uswim

His passion for open water swimming that has taken him to places such as New York (to swim around Manhattan Island, first Brit winner) and also attempt the English Channel. As one of the UK's fastest open water swimmers in the late '90's he set up Uswim to provide safely supervised open water swims in the Northwest (UK). Since then Uswim has welcomed over 250,000 people - and counting - into the open water.

- ASA Qualified Level 2 Swim Coach (since 1995)/ First Aid
- Since 1995 - Organising / guiding open water swims and expeditions for over 350 swimmers
- Swimmer / Coach - World's first two-way Loch Ness Relay (52miles)
- Coach / Swimmer - Manchester Ship Canal Solo (36miles)
- Coach - "Super Six Challenge" - Climbing three tallest peaks and swimming three longest UK lakes continuously (58 hours - Relay team, 79 hours - Solo woman)