

C2Triathlon

GENERAL, SWIM, TRAINING

3 THOUGHTS TO KEEP YOU SAFE IN THE OCEAN

2015-09-29 | CLENTZ | LEAVE A COMMENT

This past weekend southern New Jersey was hit by a storm that produced high swells. High swells lead to dangerous ocean conditions. It was not a good weekend to swim.

DelMo Sports knew this and rightly canceled its open-water event. With strong currents, the risk to swimmers—especially inexperienced ones—was not worth it. Delmo Sports is a world-class organization. I've enjoyed their races a lot, and I'm sure both organizers and athletes were disappointed.

This serves as a reminder though that the ocean can be fickle. Here are three things I like to keep in mind when swimming:

1. Understand the currents. It's a general rule of thumb that as the waves increase in size, currents become stronger and more complex.
2. Stay close to the shoreline, just past breakers. There's no reason to go into deep water to get in a good swim. You need water depth just further than the length of your arm. It's much easier to deal with trouble when you're closer to shore.
3. Tell someone your plan. This is most often cited for hikers, but it applies to swimming as well. Ideally, bring along a spotter or swim where there are other people. If this is not an option, at least let people know where you're going, your swim plan, and the times you expect to be in the water.

Stay safe out there.



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