



OPEN WATER SQUAD CRITERIA

**This document must be read in conjunction with the Club Ethos & Expectations*

The Open Water Squad is not a separate squad within the club but rather an additional, supplementary, selection based squad for all SPBSC members, including Masters and Parents' Group.

1. SWIMMING COMPETENCE

Swimmers must have completed either an 800 or 1500 Free in a pool competition and have a willingness to swim in open water; sea, lake, river.

2. AGE

Swimmers must be 12 years or older to be selected for this squad. This is based on the ASA British National age-group structure.

3. COMMITMENT

As well as attending regular squad sessions, swimmers will be expected to attend at least 1 open water specific pool session prior to outdoor training. This will take place during a regular squad session to be decided by coaches.

*Any exceptions to the criteria need to be discussed and agreed with the coaches and will be at their discretion.

ABOUT THIS SQUAD

There will be a focus on distance freestyle in sessions. Swimmers will also work on open water specific skills such as pack swimming, drafting, sighting, turning and other skills as well as tactical racing. Once the weather picks up in May/June, coaches will organise training in a suitable open water venue. A safety briefing will take place prior to every open water session. All swimmers must attend the briefing and sign the venue's disclaimer.

SPBSC OW Selection:

- Selection of swimmers will be based upon 800/1500 Free times achieved by 31st March of each year in a pool competition.
- Swimmers must sign disclaimer and understand safety procedure before training in the open water venue.
- Based upon how the selected swimmers handle the conditions of training open water, a careful decision between coaches and swimmers will be made on which events swimmers should participate in.





Training: In addition to regular squad sessions 1 open water session per week in a suitable venue.

Competitions: Regional Championships, National Championships (if qualified), selected other Open Water Competitions

For competition purposes swimmers will be grouped according to the age groups used for the 2011 British Open Water Championship. These are:

Age-Group

Boys	Girls
12	12
13	13

Distance is 1500 Metres

Youth

Boys	Girls
14/16	14/15

Distance is 1750 Metres

17/18	16/18
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Distance is 2000 Metres

Masters (18+) **Men / Women**

Distance varies from 1,500 to 10,000 Metres.
For national competition the distance is 3,000 Metres

