

Outdoor Swimming

Outdoor swimming is a fun, challenging activity for people of all ages! It can help us in many ways, without even noticing. Why not check out the benefits and safety tips so you too can join in on the action!

Benefits of outdoor swimming

Boosts the immune system

Studies have proven that cold water boosts the count of white blood cells in our bodies as they are forced to react to changing conditions. White blood cells are important for keeping us healthy, so over a period of time, our bodies become better at defending against viruses.

Releases natural endorphins

Swimming releases much needed endorphins to the brain-these are the chemicals that make us feel happy or proud. We feel like we have accomplished something when we're finished.

Improves our blood circulation

Cold water causes increased blood flow in the body in order to attempt to warm the parts that are exposed to the cold. The heart also has to pump faster when in cold water, as our body has to work harder to keep warm.



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Using energy

We burn far more calories during sea swimming in comparison to swimming in warm conditions because our bodies have to work harder to keep warm. Our bodies also begin to adapt to the cold through repeated exposure. This means you may be able to swim for longer each time you go.

Reduces stress

A large amount of studies show the link between cold water swimming and a reduction in stress. As we are focusing so much on the feel of the cold water on our skin, it wipes away any other stressful thoughts we may have.

Making new friends

The community among swimmers is extremely strong. Just like joining a rugby or football club, having the same hobby as other people helps to bring us together!



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Safety tips for outdoor swimming

Tip 1: Acclimatise

As the water is so cold, we need to give our bodies a little time to get used to the temperature. You should slowly lower your body into the water - jumping straight into cold water can give your body a shock.

Tip 2: Be safe

Only swim where it is safe and with supervision. There are many dangerous factors about outdoor swimming including currents and hidden rocks. Do not swim on your own.

Tip 3: Do not dive

It is important not to dive or jump into cold water unless you are extremely used to it and know the area very well. Cold water can cause our bodies to go into shock and rocks can be hidden under the water's surface.

Tip 4: Wear the right clothing

Wear a swim hat, swim gloves or boots to keep you warm. You can even wear a wetsuit! Just make sure you are doing what makes you comfortable.

Tip 5: Know the area

You should make sure to know as much as possible about the area you are swimming in. For example: how strong the currents are, the location where hidden rocks may be and the times of the tides as currents will be stronger at different times.



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