

Open Water Swimming: How to get started in the Cork, Fermoy and Kinsale areas:

For experienced swimmers we advise you to “connect” with large pods of swimmers at Myrtleville and Sandycove Island. There are other smaller pods swimming in Fermoy, East Cork and Inniscara.

Please read these safety messages:

Myrtleville: <http://myrtlevilleswimmers.com/routes-and-safety/>

Sandycove: <http://sandycoveswimmers.com/swim-safe/>

Most swimmers in these locations do not pay to join a club. Swim times are published at:

Myrtleville: <http://myrtlevilleswimmers.com/about/>

Sandycove: <http://sandycoveswimmers.com/calendar/#SandycoveSchedule>

There are several opportunities to join clubs to avail of additional swimming opportunities:

<http://sandycoveswimmers.com/sandycove-island-swim-club/#JoiningTheClub> (over 17 only and must qualify by swimming an open water mile)

<http://www.corktri.com/beginner-information/> (is one of several Triathlon clubs in the area)

Once you found your group – start slow. The first two swims in a new location can be tense and disorienting (The third swim within two weeks starts to feel comfortable). Start with first swims of 400 and 800 meters and wait a few weeks before you join a group going 2,000 meters.

Please plan your swims in advance with the local swimmers who know the waters.

Plan for any tides/currents and be able to look and self-navigate while swimming.

It is common for swimmers to “drift” out too far from land exposing themselves to increased danger from passing boat traffic. It is unusual to be more than 150m from land: understand this, accept this, plan accordingly, monitor your position and listen to local advice.

Being a great pool swimmer will not help much in your first open water swim in 7C waters in February with nasty waves > start slow and sensibly.