



Shaun's Chill Swim Blog

Chill Swims – why JUST WHY ?

- 😊 It boosts your immune system ✓
- 😄 It gives you an endorphin high ✓
- 😊 It enhances your circulation ✓
- 🦋 It increases your libido ✓
- 😓 It burns more calories ✓
- 🧘 It reduces stress ✓

Click [here](#) to find out more.

I've been chill swimming since 2016 and while I'm no expert I have picked up a few tips along the way. I've swam wetsuited and 'skins' and everything in between, in [Beccles Lido](#) (and a few other Lido's besides), the River Waveney and the sea – down to sub-5°C.

BUT that doesn't make me an expert – there's no such thing in my experience – we are all different, psychologically and physiologically – and we all learn by our own experiences – and by listening to the experiences of others.

So... BIG DISCLAIMER – do your own research, swim within your own capabilities, enjoy the chill but get out before you get chilly – it's not a competition – enjoy yourself and STAY SAFE.

This blog is to try and help you with some links and tips that I've found useful and I hope you will too.

This is one of the best sources of advice I found: [outdoorswimmer.com](#)

and they have a great subscription magazine – subscribe to support all things Lido and wild swimming – ask one of the Lido lifeguards as there's usually a few copies in reception to take a look at.

There are also some great Facebook groups to join:

- 🏠 [Outdoor Swimming Society](#)
- 🏠 [Norfolk & Suffolk Open Water Swimming](#) which will also help you join other local groups
- 🏠 [The Lido Guide](#) (also a fab book, there is a copy in reception – YES! of course we are in it!)
- 🏠 [Did you swim today?](#)

These are all great groups to learn more about swimming in the cold, in Lidos, in the wild, and what kit you might need or want – whatever your level, aspirations or dare I say... size!

and remember – everyone is different and everyone's experience will be different, listen to your body, listen to others, and if in doubt, get out! but before you do that – why not get in! and try it! This is an old link, but the advice never gets older:

<https://outdoorswimmer.com/blogs/6-tips-for-cold-water-swimming>

BECCLES LIDO WINTER COLD WATER TIMETABLE from 1st November

Our boilers are now off and we have started our Winter cold water swimming timetable – like last year we aim to maintain the pool above 12°C and we will be lane swimming:

-  Thursday evening: 6pm, 7pm, 8pm
-  Friday morning: 7am, 8am, 9am, 10am
-  Friday evening: 6pm, 7pm, 8pm
-  Saturday morning: 8am, 9am, 10am

As always booking here: beccleslido.com

Like last year it will take 2-3 weeks for the pool to drop to 12°C and we aim to then maintain the water at that temperature (or a bit higher if we can) so long as it is financially viable to do so, to which end there will be no membership scheme during the Winter and all swims will be £4.50.

Many thanks for your support.

[#HereForYou](#) [#HereForWinter](#) [#HereForBECCLES](#)

7th NOVEMBER – CHILL SWIMS – GETTING STARTED

It's been between 20 and 23C the first week in November in the Lido and it's dropping about 1°C per day – so expect sub-16°C in the 2nd week of November and then 12°C (or a bit higher if we can afford to) from the middle of November.

Don't feel you need to swim more than a length or a couple of minutes per degree°C – it's not about how long you swim for but about how good it makes you feel!

As the water cools it will feel cold when you get in and for the first length or so, then I usually get the chill swim 'buzz and tingle' and that's the reason I do it. As you begin to cool down it's time to get out – often it's the fingers that feel it first, with some people it's their toes – that's because your heart is keeping your core warm. Will you NEED a wetsuit or special kit? Maybe – it's all down to personal preference and you are very welcome to wear a wetsuit or anything else that makes you feel comfortable – ice cream head is the most common issue! So if you are a head up breast stroker get a big bobble hat for swimming in! If you are head down then get a silicone swim hat or even 2! Or a neoprene helmet! and wear some ear plugs – no one wants [surfer's ear!](#)

The best way to warm up is to quickly rub down and dress with lots of layers – t-shirt/base layer, fleecy tracksuit, thick socks and crocs or Uggs or boots, a big bobble hat, a puffa jacket or the now ubiquitous [@dryrobe!](#) (check out our lifeguards!)

The main thing if you never did it before is don't worry or stress about it – you won't be the only chill swimming newbie, and there will be some experienced chill swimmers in most sessions to ask for tips.

AND WE WILL BE SERVING HOT DRINKS – it's important to warm yourself up from the inside!

We will also have warm showers BUT if you are feeling very chilly this will just make you colder, so it's better to warm yourself up with a brisk towel rub and lots of warm clothes and a hot drink!

6th NOVEMBER – CHILL SWIM & CHILL SWIM TIPS & KIT UPDATE

Thanks to everyone who chill swam this week – some sessions were busier than others (and we might have to adjust our timetable) but there's usually room for a last minute booking (or sometimes even take a chance and turn up on the day...)

and remember, as the pool cools down you don't have to swim the full 45 minutes – you will still get all the chill swim benefits with a shorter dip – it was 20.5°C this morning and I did one length for each degree this morning (skins!) and wasn't chilly at all afterwards!

You might want to be thinking about chill swim kit and I've listed some below (with some great bargains about) – just make sure if you are buying wetsuits that they are for SWIMMING – surf suits will be too thick, too loose and too restrictive for your arms (if in doubt, ask me when you see me at the Lido, and I'll show you my collection!). Oh, and swim wetsuits are supposed to fit tight!

For advice and to try robes and neoprene on:

 go see my mate [Ben Walker](#) at [Triharder](#) in Dereham

For budget neoprene:

 [Proswimwear.co.uk](#)

 [Decathlon.co.uk](#)

For serious (& seriously discounted) neoprene:

 [Zone3.com](#) (the Victory D or Thermal Aspire should keep you going all through Winter!)

 [huubdesign.com](#)

(I'm always amazed how good even the Grade B suits are and even Grade C nicks & tears will have been or can be repaired yourself with '[Blackwitch](#)' neoprene repair glue)

 and [Sportstore Beccles](#) has Zone 3 robes

So that's the essentials covered, and for your Xmas list:

 for head up swimming or post swim, your very own [big bobble hat](#) from Lido swimmer Amanda

 [Dryrobe.com](#) and there are other options – Zone 3 do a cheaper alternative

 [Swimzi.com](#) onesies are great

 [Selkieswim.com](#) for more great post swim kit