

La Jolla Cove Swim Club's 2009-2010 Winter Swim Program
Doug Burleigh, Nov. 10, 2009

Club goal: Accumulate total mileage equivalent to the distance from San Diego to Tahiti (approximately 4045 miles). Last year we exceeded our goal of 2507 miles to Hawaii and accumulated a total of 3307 miles. We need a few more brave souls this year to reach our goal. This year we're going for over 4000!

Individual goals: Reach personal totals of 25, 50, 75, 100 miles (and more). Last year's highest mileage swimmers logged over 300 miles. But stay within your limits and stay safe!

Cost: FREE

Sign-up sheet will be available will be at the program "launch" at the November 21 Thanksgiving event. Swim that day and get DOUBLE MILES

Please sign up and provide your email address at: <mailto:LJCSC@cox.net>

You can sign up after that day and anytime during the program, though we prefer it be before Christmas.

Miles are logged in by each swimmer; we will operate on the honor system.

There are maps and charts in the club display box at the Cove that show the mileage between various buoys and coastal locations in La Jolla Bay.

Send Miles to: LJCSC@cox.net. Try to send miles in by Wednesday afternoon each week so we can process the data and print new charts for the weekend. It's not necessary to be up to date, send in your miles whenever you can.

Qualifying Miles:

- Accumulate miles swum from Nov. 21 "Turkey event" through April 17."Tax Relief Day" event.
- Miles swum in a wetsuit and/or using fins are acceptable.
- Miles swum outside of San Diego are acceptable as long as they are in a salt water ocean or sea for a period of not more than 2 weeks, regardless of the water temperature. This is to accommodate vacationers in Mexico, Hawaii, Florida, etc..
- Miles swum in an ocean or sea and where the water temperature is 62 degrees or less are acceptable for the duration of the program.
- Pool miles are not acceptable.
- DOUBLE Miles may be claimed during the following club event days:
 - * Thanksgiving
 - * Xmas Eve in Coronado
 - * New Years Day
 - * Valentine's Day
 - * St. Patty's Day
 - * April Fools' (Tax) Day
 - * Swimmer's birthday if it falls within the program dates. "Birthday Suit" must be worn to qualify.

Rewards:

- Personal satisfaction, bragging rites, joy of survival
- Document insanity for future disability claim.

Big Chill Tahiti T shirts will be awarded to all participants who swim at least 25 miles

- * Awards will be provided for top mileage man and woman
- * Other special awards will be provided

Documentation:

Mileage chart will be posted in the display box at the cove and on the club website.

A map will show club progress along the route to Tahiti

A bar chart will show individual mileage totals

Party to celebrate the end of the program and the return of warm (above 60) water will be held in May.

Tahitian theme, Go Native!

1. Hula dancing
2. Tropical shirts
3. Leis (everyone who wants a lei should have one)
4. Sarongs (on the wrong person a sarong is "so wrong")
5. Flowers in your hair (except for those who don't have enough to support a flower)

Shell necklaces

Safety:

- Always remember two things: 1) Know your limits and 2) Panic kills.
- The La Jolla Cove Swim Club advises people not to take risks or do anything that endangers themselves or others. People should take responsibility for what they do and should not get themselves into a situation that they cannot get themselves out of.
- Ocean swimming can be a dangerous activity and can even be fatal to a person who is not in good physical condition, is not a skilled swimmer, or is not familiar with local ocean conditions and hazards. Anyone who is new to this activity or to this area should investigate local conditions, stay relatively near the lifeguards, swim with a buddy, or have a kayak escort.
- The club recommends swimming only when the lifeguards are on duty (see below).
- Wear a brightly colored (yellow, orange, bright red or white) bathing cap so the lifeguards can see you more easily. The club sells bright yellow, white, and light blue caps with the club logo on them.
- Always check the white board the lifeguard station before you swim to see what the conditions are and to read warnings on dangerous conditions, such as big surf, cold water, contamination, etc.
- Talk with the lifeguards if you don't understand or are concerned about the conditions.
- Foam on the water indicates surf action. See the sections below on surf and other specific hazards.
- If there is a dense fog (fairly rare) don't swim out of sight of the cove. You could become disoriented, lost, and not be able to find your way back to the cove. And the lifeguards won't be able to see you.

- If there is lightning (rare) stay out of the water.
- Look before you leap. Don't dive into the water unless you know it's safe to do so. Watch out for rocks, as the Cove has lots of them and many are just below the surface of the water, especially at low tide. We don't want you to break any of our favorite rocks by banging your head on them.
- Be especially careful during very low (especially negative) tides, which occur mostly in the winter. If the water isn't clear you won't be able to see rocks. If the water is clear don't trust your ability to judge the depth of the water over the rock, as the water refracts light and it may appear that the rock is deeper than it is. To be safe, don't dive in; walk in and gently lay down in the water, putting your hands in front of your face and head. Be careful when swimming back in also, especially if visibility is poor or if there is surf following you, as you can run into a rock at the water's edge.
- Especially stay away from rocks when there is big surf, as the surf will frequently push swimmers toward the rocks at the right of the cove. And be aware of where you are in relation to "Take Off Rock" when there is surf. It's usually just below the surface.
- Be aware of tides that go above the bottom of the steps. When there is a tide that reaches above the steps be careful. When you return to the cove; stay to the right of the steps so the tide doesn't carry you into the steps. We need the steps and we don't want you to break them with your hard head.

Lifeguards

- The La Jolla Cove lifeguards over us year 'round. generally from 9 AM to 5 PM, but hours may vary with season, so make sure someone is on duty before you go out. Lifeguards can provide information, first aid, and they can call for emergency assistance (boat, jet ski, helicopter, ambulance) if required.
- If you get in trouble in the water, look toward the lifeguard tower, wave your arms and make as much noise as you can. Take off your brightly colored swim cap and wave it. If a lifeguard looks at you and forms his arms into a circle over his head, he's asking if you're OK. Give him the same sign in return unless you need help.
- Tell the lifeguards if you are will be out swimming for a long period of time, or if you are swimming across the bay, getting out, and are not coming back for a long time. The guards get concerned when they see swim bags sitting for long periods of time.
- Remember that the farther out you are, the less likely you will be seen and the longer it will take a lifeguard to reach you. The lifeguards have high power binoculars and can see quite well all the way to La Jolla Shores, but they are not always looking through them and may not look in your direction. Look for other swimmers or kayaks nearby, as they may be able to help you until a lifeguard can reach you. Or swim to the nearest buoy and use it for flotation.

Water Temperature

HYPOTHERMIA CAN BE FATAL!

- In the winter the ocean water may get as cold as 50 degrees. Brrrr.
- If you stay out too long in cold water you can get hypothermia. It's normal to shiver after you get out of the water in the winter. This is mild hypothermia. Get used to it if you want to swim in the winter.
- Hypothermia does not happen suddenly; it comes on slowly as your body temperature drops. It

can cause mental confusion, disorientation, and poor judgment. It will eventually lead to sluggishness, loss of motor skills and loss of consciousness, which is never a good thing when you're in the ocean.

- How hypothermia affects a person depends on many things including exposure (swim) time, water temperature, activity level, body fat (some people have natural wetsuits), and individual differences in circulation, metabolism, etc. Some people are more resistant to it than others. Most people will become somewhat acclimated to cold water if they swim year 'round here. But everyone has a limit for time and temperature, and if you exceed your limit you will be in trouble.
- Stay close to shore until you know your limits.
- If you start to shiver while swimming or feel disoriented, get out of the water as soon as possible. Put your clothes on as soon as possible. If you're concerned, report to the lifeguards.
- To avoid or reduce the effects of hypothermia wear a neoprene bathing cap or a wetsuit.
- There are special wetsuits for swimmers; wetsuits made for surfing or diving don't have enough flexibility in the shoulder area. Swimmers' wetsuits are made by Quintana Roo, Orca, Body Glove Xterra, Aqua Sphere, and a few others. They can be found at specialty stores for swimmers such as Paradowski's,

Distance

- Know your limits. Do not exceed your limit for the combination of distance and temperature.
- If you don't know what your limits are in cold water, stay close to shore until you can figure them out. When the water is cold, it may be better for you to swim multiple laps to the ¼ mile or "A" buoy rather than swimming to the "B" buoy.
- Don't swim straight out as far as you can; remember you still have to swim back.
- Don't get yourself into trouble by following other swimmers who may be swimming farther than you are used to, or capable of.

Surf

- Know your limits; the life you save may be your own
- La Jolla Cove can be hazardous for swimming when the surf's up because of the rocks and currents.
- When the surf is up in the Cove, consider swimming at La Jolla Shores instead of the Cove, as the Shores has no rocks and when the surf is up at the Cove, swimming is usually safer at the Shores.
- Or just take that day off.
- Heed the lifeguards' warnings. When the surf is up they usually recommend fins and "Experts Only".
- Don't make the lifeguards risk their lives to rescue you in big surf when you shouldn't have gone out in it.
- Big surf in the cove frequently runs from left to right and can push swimmers onto the rocks. There's a small inlet to the right of the Cove called "the hole", which is a very dangerous place

when the surf's up.

- The bigger surf is the more dangerous it is. The energy in a wave is probably proportional to the square of its height. So a wave that's twice as high as another probably has four times as much energy. Surf over 3-4 feet should be considered potentially dangerous, especially if you're new to ocean swimming or to the Cove. Surf over 6-8 feet should be considered extremely dangerous even if you are a good swimmer. Though very rare, surf can get as big as 15-20 feet here. Surf over 10 feet is extremely dangerous even to expert swimmers wearing fins.
- If you've been out swimming for a while and when you return you realize the surf has gotten dangerous, consider swimming to La Jolla Shores (not Boomer) to get out. If you don't think you can swim that far, remain calm, stay out beyond the surf, and signal to the lifeguards that you need assistance. They can come out from the cove on a paddleboard, or they can call for a jetski to come from the Shores.