



Otter Aquatics

Otter Aquatics Newsletter

No 44. February 2019

Dear swimmers and others

Welcome to 2019! May all your New Year's resolutions come true. Don't have any? Try these:

-  I will swim better
-  I will get fitter
-  I will relax and enjoy my swimming more.

Look inside to find articles on the following topics:

-  Exercise and self esteem
-  The inaugural Redcliffe Cliff to Club swim on 6th April 2019
-  The truth about chlorine in pools
-  Swimmers with poor vision
-  The future of our swimming tour program
-  Goggles on order
-  Thought for the month: slow swimming
-  Quiz of the month
-  Quote of the month
-  Ditty of the month
-  Pic of the month



Mark Otter
 227 Duffield Road
 Clontarf QLD 4019
 0438 652 696
mark@otteraquatics.com.au
www.otteraquatics.com.au

- › Learn-to-swim instruction, stroke correction and swimfit coaching – all levels
- › Open water swimming instruction and training
- › Swimming as therapy
- › Swimming-based tourism – domestic and international

Exercise and self esteem

We all know that regular exercise is good for us. It strengthens our bones and muscles, keeps our heart and lungs in good condition, keeps our weight in check and makes us less likely to get ill. However, exercise can do more than just give us physical benefits; it can also boost us psychologically.

The relationship between exercise and mood has been well understood for some time now. We often note that we feel better about ourselves after physical activity. Feeling better about ourselves, or self-esteem, is often seen as the single most important measure of psychological wellbeing.

It is important to understand what self-esteem really is. Self-esteem can be referred to as the value we place on aspects of 'the self'. Fundamentally, it is a self-rating of how well 'the self' is doing. It is a part of ourselves that we are aware of and can describe; although it is not directly observable or measurable. It is closely related to the sum of all the information we have gathered about ourselves in our lives based on our life experiences, relationships, abilities, qualities, traits and our roles in life. Furthermore, self-esteem and self-concept become increasingly complex as we mature from childhood to adulthood and on to old(er) age.

The relationship works in reverse too. If we feel good about ourselves, we are likely to be in better physical and mental health. Our level of self-esteem determines how well we function in life and how well we interact with others. Self-esteem plays a big part in achieving our goals and our sense of satisfaction and happiness in life. It therefore makes sense that anything we can do to boost our self-esteem is going to benefit us.

You may not have previously contemplated your own self-esteem in relation to your swimming, or any other physical exercise you participate in. Try answering some of the following questions to get you thinking.

Consider the last time you engaged in physical activity:

-  How did you feel immediately after the exercise?
-  How did you feel several minutes later?
-  How did you feel days later?
-  Did you notice a difference in your mood related to exercise?
-  Did you notice how well you exercised depending on your mood?
-  How do you feel if you don't exercise?
-  How well do you exercise if your mood is low?
-  Do you feel differently after a high intensity bout of exercise or a gentler bout of exercise?

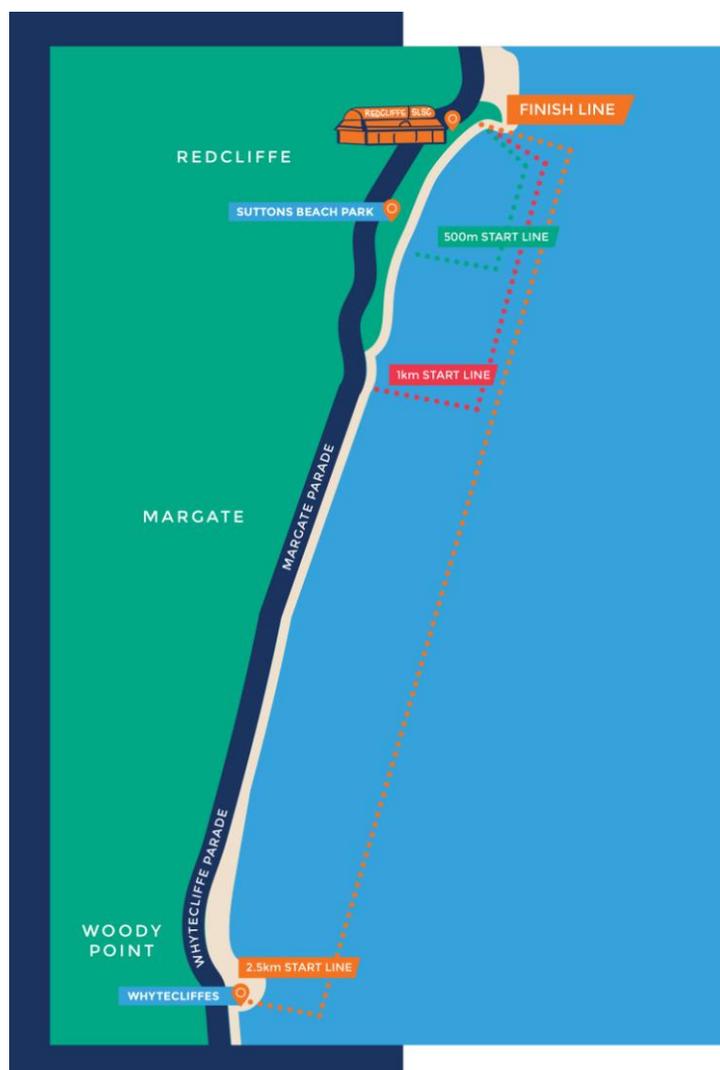
The most important benchmark concerning exercise and self-esteem is whether you enjoyed it? If you did, then you have won.

The inaugural Redcliffe Cliff to Club Swim

The Grimsey brothers are organising an inaugural ocean swimming event along Redcliffe's Scott's Point, Margate and Sutton's beaches on **Saturday 6th April 2019**. There will be three events: 500m, 1k and 2.5k. If you are interested, enter on line using the link below.

- 👤 The 2.5km swim will be the iconic feature event. The course starts at Scott's Point and, after an initial short diversion out to sea to avoid rocks, heads north along the Margate and Sutton's Beach foreshore to the Redcliffe Peninsula Surf Lifesaving Clubhouse
- 👤 There will be a 1km ocean swim starting at Margate Beach and travelling north to the SLSC clubhouse.
- 👤 There will also be a 500m ocean swim.

Online Entry for the event is now open. Please read the information below, including the terms & conditions before registering for the event. For more information or to register, please visit: <https://www.grimseysadultswimfit.com/cliff-to-club/>.



The truth about chlorine in swimming pools

I am often asked questions about chlorine in swimming pools such as is there chlorine in the pool, why do we have it in pools, why do our eyes get irritated in pool water, can't we do without it, and so on. It's time to set the record straight about chlorine and swimming pools.

First up, yes, there is chlorine in pools. Without it, we would all get sick. Chlorine is added to pools, or generated by electrolysis from salt (NaCl), to kill germs and help reduce swimmers' risk of waterborne illnesses, such as diarrhoea, swimmer's ear and various skin infections. The great advantage of chlorine over other sanitisers, such as ozone and UV, is that it keeps working long after it is added to pool water as chlorine provides a residual level of protection against germs in the water.

It is important to get the pool chemistry right. Pool managers strive to keep the 'free chlorine level' of pool water (it is free chlorine that does the disinfecting) between about one and three parts per million. Maintaining the chlorine level in that range depends on several factors, including the pH of the water (it should be between 7.2 and 7.8), and the presence of unwanted substances in the pool, such as urine, perspiration, other body fluids, body oil, sunscreen lotions, make-up, etc. which compete with chlorine and react with it. These substances add to what is known as the 'chlorine demand'.

Products of chemical reactions between chlorine and substances added by swimmers are irritants known as 'chloramines'. It is chloramines, not chlorine, that are responsible for swimmer's 'red eye'. Unshowered and unhygienic swimmers (read: those who pee in the pool), add to the chlorine demand and are often the real cause of swimmer's red eye. Unfortunately, as chlorine reacts with impurities brought into the pool by swimmers, there is less of it available to kill germs. So, not only do unhygienic swimmers provide irritants forming in swimming pools, they may also inadvertently raise the risk of waterborne illnesses. More chlorine may be needed to chemically destroy the chloramines formed and restore 'residual free chlorine'.

If the chlorine smell is very strong, however, you may soon spot red-eyed swimmers emerging from the pool. The common assumption in this case is that the pool water is assumed to have too much chlorine in it. Ironically, a strong chemical smell around the pool and the presence of swimmers' red eye may be signs that there is *not enough* chlorine in the water. Sound confusing? Perhaps; therefore it is important to understand the science.

Swimmers can help keep swimming healthy – which may come as a surprise to many. The fact is that swimmers' hygiene affects the chemistry of the pool and the comfort of swimmers. So, what should we do?



Shower before entering the pool



Don't wee in the pool (and certainly not the other main body extrusion – keep an eye out for babies and toddlers)



Swim early in the morning, when the pool's filtration system has had all night to achieve its maximum effect

-  Accept the fact that we need chlorine in the pool to keep us healthy
-  If you detect a chlorine smell, tell the staff; they may need to increase the level of chlorine
-  Swim in the sea instead of a pool. This is good anyway – you only have to contend with storm water and sewerage outfalls and the odd stinger or worse – but that’s all part of the fun.

Swimmers with poor vision

As a postscript to last month’s news item on Swimmers with Poor Vision, Marieta Hanaghan has written the following:

‘In last month’s newsletter, there was an item about swimmers with poor vision and options available to aid their vision when swimming.

‘For many of us with anxiety issues, being unable to see clearly in the water is just another excuse not to swim. How can you see the sharks, stingrays and jelly fish; and where you are going?’

‘I have been short-sighted since being a teenager and, once I needed prescription glasses, any relationship with water I may have enjoyed, ended.

‘For the past 40 years I have worn contact lenses and have happily worn them with ordinary goggles over the past six years while learning to swim.

‘However, a severe case of dry-eye, probably due to age, has made wearing contacts impossible. The pain and itching would last for days despite eye ointment and drops. I had been eking out my last remaining contact lens so I could keep swimming because I was advised prescription goggles would cost over \$100.

‘But, a saviour in the guise of a new swimmer to the Sunday group, Aaron Tysoe, who is also short sighted, displayed his super inexpensive goggles with prescription lenses.

‘There is a retailer in Brisbane where these goggles are available. You purchase two lenses to your own prescription for short or long sightedness, a strap with an adjustable nose piece, click them together and go swimming. These goggles cost me \$48 from Swimwear Shack in Woolloongabba, Brisbane. Search for Platina corrective lenses.

‘So far I have only worn them in the pool but they are very comfortable, create a tight seal, provide clear vision and, in an emergency, I could drive a short distance with them. The next test will be an open water swim at Queens Beach.’

Marieta

The future of our swimming tour program

We have come to a bit of an impasse with continuing our to-date very successful offerings of European and domestic swimming tours/trips/holidays that we have conducted over the past five years or so, namely because it seems that no one wants to do them anymore. Before we all engage in a communal cry, let's consider a few things. There can be lots of reasons for this apparent disinterest, among them the fact that travel to Europe from Australia is expensive and time consuming (especially with the sort-of understandable desire to add on things other than swimming) and would be self-limiting due not only to financial limitations but also work and family commitments; not to mention an ability/willingness to swim. On the domestic front, and ignoring for a moment the many ocean races available these days, there really aren't too many places one can go on lengthy multi-day swimming trips in Australia where the probability of getting eaten is acceptably low.

So what do we do? I am happy to organise any trip where there are sufficient numbers of participants, say at least six or so. At a recent après-swim coffee session, one of our long-standing members jotted down some thoughts on a paper napkin to which I have taken the liberty of adding to. They may be divided into short trips in Australia and longer trips in Australia, Europe and elsewhere.

I would be grateful for any thoughts on the following ideas as well as any more suggestions.

Short trips (one, two or three days)

1. Stradbroke Island (e.g. Cylinder Beach)
2. Sunshine Coast (e.g. Mooloolaba, Maroochydore, Noosa, a kayaking/swimming trip to Lake Cootharaba/Upper Noosa River)
3. Northern NSW (e.g. Ballina, Yamba)

Longer trips (a week or longer)

In Australia

1. Our flagship 'Iconic and Historic Swimming Places of Sydney' trip
2. A bus trip (self-drive, 10 seater minibus, staying at moderately-priced motels or similar). Brisbane to Sydney via, for example, Yamba, Coffs Harbour, Port Macquarie, Forster and Newcastle. Flying back to Brisbane from Sydney
3. Fly to Sydney then bus trip to Canberra via the upper NSW South Coast, for example, Wollongong, Jervis Bay, Batemans Bay and Canberra. Fly back to Brisbane
4. Fly to Canberra then bus trip along the lower NSW South Coast including Batemans Bay, Moruya, Narooma, Bermagui, Tilba Tilba, Tathra, Merimbula and return to Canberra via Cooma. Fly back to Brisbane

And a couple of others:

5. Lord Howe Island
6. Norfolk Island

International

1. New Zealand – e.g. Bay of Islands, Auckland, Great Barrier Island
2. Europe: any of our traditional European trips (see our website for details) such as:
 - a. Italy's Lake Orta (another flagship tour)
 - b. Swimming and Cycling around Lake Constance (Germany, Austria, Switzerland) – ditto re flagship tour
 - c. Any of our partner organisation, Strel Swimming Adventures', trips, such as:

Croatia

Croatian Island Hopping – Krapanj island (7 days)

Croatian Elaphiti Islands Dubrovnik – Sipan island (5 days)

Turkey

Swim Sail Cruise – Gulf of Hisaronu (8 days)

Swim Sail Cruise – Lycian Way (8 days)

Turkish Lycian Coast – Kas (7 days)

Montenegro

Fjord and Cove Swimming (6 days)

Greece

Greek Symi Swimming Odyssey (7 days)

Slovenia

Slovenian Lakes and River (4 days)

And a bit out of the ordinary:

-  Cool-ish swims above the Arctic Circle in Finland (in summer of course), possibly in conjunction with lake swimming/train travel in Latvia, Lithuania, Estonia and southern Finland
-  Any of a number of northern summer swimming trips in the UK, such as the Lake District
-  Relay swim across the Straits of Gibraltar
-  Swimming along Hong Kong's south coast

 Fiji

 Vanuatu

Goggles on order



I have run out of my stock of the ever popular DHB Turbo Tinted goggles but I have ordered a new batch. Let me know if you would like a pair. I expect that the price will rise from \$20 to \$25.

Thought for the month: slow swimming

Why do many of us like the current batch of slow television viewing such as 'The Indian Pacific', 'The Kimberley Cruise' and 'The Ghan'? Perhaps we realise that there is more to life than getting from A to B as fast as possible. Don't let it stay with trains and boats; try 'Slow Swimming'. Why? It's all about taking life more slowly and more easily. And, if you're not in a rush to get to the other end, you will have time to look at the bottom, say hello to the fish, admire the underwater gardens, etc ... and probably enjoy it more.

Want some long distance slow meditation swims? Speak to me; they are my favourite.

Winning, after all, is applying someone else's standard to our personal efforts. Winning is all about success in the eyes of other people. There really is no reason to apply someone else's standard, objective as it may sometimes appear, to measure your personal success.

Quiz of the month

Last month's quiz question was 'How many bananas did Ross Edgley consume on his round-Britain epic swim?

There is a quick answer which you will get from the last newsletter – or there is a more accurate one available if you do a bit of research.

The quick answer is 'lots'; the research-based answer is 649. No one got the right answer.

Quiz questions will be harder this year and will require somewhat more effort on your part, but there will be a decent prize to be won. Well at least it will be a real prize, which will be free entry to a Grimsey Brothers' fortnightly Sunday morning open water swimming session at Sutton's Beach Redcliffe, valued at \$14, courtesy of Codie Grimsey.

This month's quiz question is:

'An ice mile is a mile swum in water of what temperature and under?'

Quote of the month

'Is it too far to say swimming is the Australian version of baptism? To me, these places feel sacred; to swim in them veers towards sacrament. When I get writer's block, I swim. When I need space, I swim. When I need company, I swim. When I'm depressed, I swim. When I'm happy, I swim.'

Benjamin Law, writer

Ditty of the month

Due to a water shortage, the Council has announced that all swimming pools will be closing lanes 1 and 2.

Pic of the month



Troops going into battle ... or the condemned on their way to the gallows. Six of us on our 2k 'new world' swim, Queen's Beach, 5th January 2019.

L-R: Therese (ever confident, looking for strays), Dianne (did I really sign up for this?), Sonya (urging Dianne on), John (c'mon boys, let's get going), Don (this is going to be painful), Mark (distracted by something sparkly, or is it Laura?) and, just out of the picture, our water safety person and potential future swimmer, Laura.

Unsubscribe

If you wish to unsubscribe to this newsletter, please reply to this email with the word UNSUBSCRIBE in the subject line or body and I will unsubscribe you.

