



# BEGINNER'S GUIDE TO LAKE ACTIVITIES

**+ TIPS AND TRICKS**

# SAUNA

## TIPS AND TRICKS!

As part of your wellness experience, you'll have access to our Lakeside Sauna. We've put together some tips for first-time sauna users and ways to help keep the sauna clean and enjoyable for everyone.






### DO'S ✓

- Shower before using the sauna
- Remove contacts and jewellery
- Remove makeup and skincare products
- Wear appropriate swimwear
- Use warm showers to acclimatise if you have been swimming
- Bring a towel to sit on
- Stay hydrated before and after sessions

### DON'TS ✕

- Have a heavy meal within 1.5 hours of visiting
- Bring electronics or any item that is a fire risk into the sauna
- Smoke , vape or drink alcohol in the Sauna
- Use essential oils in the sauna
- Touch the stove
- Enter if you feel unwell

### SAUNA TIPS FOR FIRST-TIME USERS:

-  **Start Slow:** Begin with short sessions (5-10 minutes) and gradually increase over time.
-  **Stay Hydrated:** Drink plenty of water before and after your session.
-  **Don't Overdo It:** If you start feeling dizzy or uncomfortable, exit the sauna and cool down.
-  **Relax and Breathe:** Take slow, deep breaths to fully relax and enjoy the heat.
-  **Cool Down Gradually:** After the sauna, take a warm shower to help your body adjust.

# ICE BATH

## TIPS AND TRICKS!

Ice baths have gained popularity for their effectiveness in improving recovery and overall physical and mental health. While they may seem uncomfortable, they offer great benefits when used correctly. If you're new to ice baths, it's crucial to understand how to use them safely. We want you to enjoy the experience, so make sure you're aware of the risks and best practices.

### HOW TO USE AN ICE BATH SAFELY

#### GET USED TO THE WATER

If you are new to ice baths and want to get used to the water temperatures then keep your chest, neck and head above the water.

#### SUBMERGE CORRECTLY

It is typically recommended to submerge yourself in the water so that your neck and head are above the water level.

#### DON'T STAY TOO LONG

Limit ice bath sessions to no more than 5 minutes. We recommend 1-2 minute sessions.

#### HAVE A TOWEL READY

After your ice bath, make sure to have a warm blanket and towel nearby to wrap yourself in and dry off quickly.

#### SHOWER BEFORE

Shower before your ice bath to keep the facilities clean.

#### HYDRATE YOURSELF

Make sure you're hydrated before getting into an ice bath. This will help your body adjust to the cold water more quickly.

*\*The ice bath may not always be available and is weather permitting*

# ICE BATH

## TIPS AND TRICKS!

### RECOVERY TECHNIQUES AFTER AN ICE BATH



**Stay Warm:** After your ice bath, wrap up in warm clothes and use a towel or blanket to help your body return to its normal temperature.



**Hydrate:** Drink water or hydrating fluids to replenish lost fluids and boost circulation.



**Light Exercise:** Gentle activities like yoga or walking can ease soreness and improve circulation.



**Stretching:** Stretching helps reduce muscle stiffness and relieve soreness.



**Contrast Therapy:** Alternate between ice and heat therapy, like a warm shower or sauna followed by a cold blast, to encourage circulation and promote healing

### YOUR HEALTH AND SAFETY

If you have any medical condition always consult your doctor, GP, or health care practitioner before using an ice bath. We cannot give medical advice but advise every user to be aware of the following–

#### HYPERVENTILATION

Hyperventilation is natural response to extreme conditions like cold-water immersion, causing rapid, deep breaths and lowered carbon dioxide levels. This can lead to:

- Dizziness
- Tingling in lips, hands, or feet
- Headache
- Weakness or fainting
- Seizures

#### HYPOTHERMIA

Hypothermia occurs when the body loses heat faster than it can produce, causing a dangerous drop in temperature. If untreated, it can lead to heart and respiratory failure. Symptoms include shivering, slow breathing, weak pulse, and loss of consciousness, increasing the risk of drowning.

If you experience these symptoms during an ice bath, exit immediately if possible and warm up naturally. Inform a staff member if you feel unwell, and call 999 if symptoms worsen.

# WILD SWIMMING

## TIPS AND TRICKS!

At Hangloose, we offer wild swimming all year round. Whether you're joining us for a single session or as a member, you'll experience varying water temperatures depending on the season. To help you make the most of your swim, we've put together our top tips and tricks for wild swimming!

### TIPS FOR FIRST TIME SWIMMERS

#### KNOW YOUR LIMITS

Start with short swims and listen to your body—get out if you feel too cold or tired

#### HAVE THE RIGHT GEAR

Bring towels and warm, dry clothes for after your swim. We also recommend wearing a wetsuit!

#### CHECK CONDITIONS

Be aware of water temperature, weather, currents, and potential hazards.

#### WARM UP PROPERLY

Bring dry clothes, a hat, and a warm drink to heat up after your swim.

#### KNOW THE SITE

Familiarise yourself with our routes and ensure you know your clear entry and exit points.

#### SWIM WITH A BUDDY!

Don't swim alone unless confident; always have someone nearby for safety.

### JOIN OUR COMMUNITY



### BLUEWATER WILD SWIMMERS

If you're looking for a swim buddy or general advice, you can join our Facebook Swimmers Group. Here, you'll get the latest updates and news, as well as interact with other swimmers who enjoy our facilities.

# WINTER SWIMMING

WATER TEMPERATURES BELOW 12°

TIPS AND TRICKS!

We have a few additional rules for winter swimming, which you can find in the T&Cs section of our website. To help you make the most of your winter swim, here are a few tips and tricks!

## GUIDE TO SWIM DURATION:

TEMPERATURE	DESCRIPTION
0 to 5 degrees	The preferred temperature for extreme winter swimmers. Causes pain and takes your breath away. Except for the very experienced, and only under strict supervision, swims should be limited to a few minutes. Enjoy the buzz when you get out.
5 to 10 degrees	Typical lake and river temperature in early spring. Still painfully cold and not recommended for anything other than very short swims (5 to 10 minutes) unless you are very experienced.
10 to 15 degrees	Open water starts reaching these temperatures in late spring around much of the UK. At the lower ends, it will still feel extremely cold initially, but longer swims are now possible. Experienced swimmers can manage several hours or more as the water approaches the mid-teens, but hypothermia is still a big risk.

Source [Outdoorswimmer.com](https://www.outdoorswimmer.com)

## WETSUIT RULES

When the temperature is below 12°C, all members must wear a wetsuit, and we recommend a Hangloose Woolly Hat! Exemptions can be made with prior approval—please contact us for an exemption form.

Wetsuits help maintain body temperature, reduce cold shock, and keep you safe during colder swims. Wearing a wetsuit helps you stay safe and enjoy your swim for longer.

# WINTER SWIMMING

## HOW TO START WINTER SWIMMING

### START SLOW

Gradually acclimate your body by starting with shorter swims in cooler water before progressing to colder temperatures.

### GET COMFORTABLE

Focus on breathing deeply and staying relaxed when entering the cold water to reduce shock.

### LAYER UP

Wear a neoprene wetsuit, gloves, and boots for added insulation if you're new to cold-water swimming.

### WARM UP BEFORE

Do some light exercise to warm up your muscles before entering the water.

### STAY SAFE

Never swim alone, always swim in designated areas with lifeguards or staff, and make sure someone knows your plans.

### LISTEN TO YOUR BODY

Pay attention to signs of hypothermia, such as shivering or numbness, and exit the water if you feel unwell.

### WARM UP AFTER

After swimming, warm up slowly with hot drinks, dry clothes, and blankets. Avoid hot showers immediately to prevent shock.

### CONSISTENCY IS KEY

Regular exposure will help your body adjust, but never push beyond your limits.

# DISCLAIMER

At Hangloose Adventure, the safety and well-being of our guests are our top priority. We ask that all guests adhere to the following safety procedures when using our sauna and ice bath facilities.

## GUEST RESPONSIBILITIES:

- It is your responsibility to follow all safety guidelines outlined here.
- We recommend consulting your GP before using the sauna or ice baths if you have any medical concerns. If any of the following apply to you, seek your GP's advice before participating (this list is not exhaustive):
  - Pregnancy or suspicion of pregnancy
  - History of heart attack or stroke
  - Currently taking medication
  - Cardiovascular conditions or problems
  - Epilepsy
  - Asthma or other breathing conditions
  - High or low blood pressure
  - Arterial disease
  - Joint or muscle injuries
  - Metal pins, rods, artificial joints, or other surgical implants
  - Chronic underlying medical conditions
  - Undiagnosed symptoms

By booking a session, you confirm that you and everyone in your group have considered these health recommendations and the details in our **safety policy and terms and conditions**. Hangloose Adventure cannot accept responsibility for guests with the above conditions or situations.

## RISKS AND DISCLAIMERS:

- Use of the sauna and ice baths is at your own risk. Please be aware of the following risks:
  - Exposure to hot equipment and temperatures, slippery surfaces (due to water, ice, snow, etc.), airborne illnesses, and contaminants.
  - Loss or damage to personal property. We recommend leaving valuables at home.
- Do not use personal lotions or products inside the saunas, as they may cause harm or create slippery surfaces.
- We reserve the right to refuse entry to guests who appear to be under the influence of alcohol or drugs. No alcohol, tobacco, or vaping is permitted on the premises.
- Guests should always listen to their bodies and stop using the sauna or ice bath if they feel uncomfortable.

## AGE RESTRICTIONS:

- Children under the age of 18 are not permitted in the sauna or ice baths.

## ICE BATH SAFETY:

- Using the ice bath is at your own risk. Please ask our staff for guidance on cold exposure safety tips.

***Sauna and Ice Bath Etiquette: To ensure a safe and respectful environment for all guests, please observe the following rules:***

- Sit on a towel at all times in the sauna.
- Limit sauna sessions to no more than 20 minutes. We recommend 5–15 minute sessions.
- Limit ice bath sessions to no more than 5 minutes. We recommend 1–2 minute sessions.
- We recommend cooling down for at least 10 minutes before entering the ice bath.

## CHANGING ROOM POLICY:

- Please change within your booked time slot if you wish to use the changing room.
- Don't wring out clothes in the changing room

## EMERGENCY PROCEDURES:

- In the event of a fire, guests should immediately evacuate and call 999.
- In the event of a medical emergency, guests should notify staff immediately. Staff will call 999 and provide first aid as needed.

We appreciate your cooperation in maintaining a safe and enjoyable experience for all guests.