



For the first time, a Winter Swimmers’ Conference will be held



On September 20 at 12:00, the first Winter Swimmers’ Conference organized by the Latvian Winter Swimming Federation will take place at the Pārventa Library. This will be a unique opportunity for everyone – from seasoned winter swimmers to beginners – to learn everything about winter swimming: its health benefits, risks, safety measures, and the secrets of acclimatization. The event will feature engaging presentations as well as dynamic discussions, where participants can ask questions and share their experiences.

The event is free of charge and does not require prior registration. It is open not only to winter swimmers but to anyone interested in expanding their knowledge and gaining inspiration to improve their health and quality of life through acclimatization practices.

The conference program will focus on promoting winter swimming as a component of a healthy lifestyle and its benefits for strengthening health, as well as providing practical advice on how to get started.

At the opening of the program, attendees will be welcomed by Inga Krivcova, Chairperson of the Board of the Latvian Winter Swimming Federation (LZPF). Conference guest lecturers will share both practical tips and personal experiences. Andis Bukonts from Ozolnieki Seals will discuss the foundations of a healthy lifestyle and the importance of cold exposure in daily life, Kristīne Rāte from Ragana Seals will focus on safety in winter swimming, and Dr. Anda Zvidule will provide professional advice and precautionary measures.

Special attention will be given to how winter swimming affects the body in the long term – how it helps strengthen the immune system, improve mood, reduce stress, and even enhance sleep quality.

The conference organizers recommend bringing comfortable, sporty clothing and an exercise mat to participate in the practical session at 3:00 PM, which will include a group winter swimming activity.

Fridjons Pipija, the conference supporter and passionate winter swimmer, points out that the growing interest in winter swimming created the need for such an event: “It is important for people to receive proper guidance before starting this hobby – how to breathe, how to practice cold adaptation, and how to prepare for the cold. This combines knowledge with practice, helping achieve wonderful benefits for health, energy, and quality of life. Ignoring safety rules can have the opposite effect.”

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