

Swimming with Care at Windermere



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About this Zine



This zine illustrates the social, cultural, political, and environmental stories concerning outdoor swimming at Windermere. The stories follow 12 months of ethnographic research immersed in the outdoor swimming communities at the Rayrigg Meadow and Millerground designated public bathing sites between Sept 2022 - 2023.

The fieldwork featured 40 'swim-along' interviews with different swimmers and dippers, and 60 independent swims, questioning the motivations and responses, both in and out of the water.

These concerns at Windermere are reimagined by combining Taylor's research reflections, Bethan's illustrations, and the stories shared by different swimmers and dippers during the research. The zine also draws upon social and environmental concerns of outdoor swimming more broadly.

The zine makes reference to notions of care, questioning how swimmers at Windermere might 'take care' of themselves, their communities, and these shared yet fragile environments. The zine shares conflicting accounts of joy, overcoming, tension, and ambivalence, disrupting simplified understandings of well-being and ill-health.

The research forms part of Taylor's PhD - funded by the University of Exeter (Geography), the Economic and Social Research Council, and the South West Doctoral Training Partnership since Sept 2021.

This zine is not an authoritative guideline. Instead, these reflections generate further questions and proactive reminders for current (and potential) swimming communities invested in Windermere. Additionally, this zine offers a thank you and a keepsake for the participants and the supporters.



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Swimming with Windermere

Windermere attracts regular outdoor swimming practice across all four seasons, often motivated by exercise, competition, socialisation, joy, and perceptions of restorative well-being. Swimming (and dipping) can be seen at Windermere's four designated public bathing sites - Rayrigg Meadow, Millerground, Fell Foot, and the YMCA Lakeside ^[1], plus at other non-designated access points.

Alongside swimming, Windermere hosts boats, powered crafts, kayaks, canoes, paddleboards, anglers, divers, dog walkers, bathers, plus regular and infrequent visitors. Windermere also hosts different birdlife, fish, freshwater mammals, pets, macro-invertebrates, and micro-organisms.

Those swimming (not just human) in Windermere continually negotiate fluctuating environmental health concerns. These concerns include treated and untreated wastewater, blue-green algal blooms, and biosecurity. Simultaneously, these concerns are influenced by global climate change, extreme weather, and conflicting local pressures of leisure, tourism, residence, agriculture, and water utility within the catchment ^[2].

Conflicting understandings of illness, particularly concerning sewage pollution and algal blooms, are further complicated by social media, national press, activists, politicians, ecologists, regulators, researchers, and swimmers. These concerns open questions of vulnerability for those immersed in these waters, alongside questions of sustainable access, custodianship, and responsibility.

To question how swimmers may negotiate these social and environmental concerns, Taylor spent a year swimming with Windermere. He visited Rayrigg Meadow and Millerground 100 times under different conditions, pursuing trust within swim groups through his @swindermere project.

Taylor's very chilly and wet ethnographic research (observational methods) ^[3] included recorded solo and group swims, and 'swim-along' interviews ^[4] with 40 different swimmers and dippers. These methods invited open-ended questions about the motivations and observations about themselves, and around them, including access, other users, water quality, weather conditions, swim kit, and anything else impacting their experience.

References

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Fieldwork & Participants

Interviews (40) | In-aqua (34) | On-land (6)
Duration (23m 3s - 1hr 29m 15s) | In-aqua (4m 25s - 25m 34s)
Independent Visits (60) | In-aqua (50) (3m 10s - 25m 44s)
Water Temps (5.2°C - 20.6°C) | Air Temps (-4.2°C - 27.8°C)
Earliest Time (07:03 am) | Latest Time (21:45 pm)

Self Identified Gender - Female (22) | Male (18) | Ages (25-62)
Ethnicity - White/British (37) | Mixed-Race (3)
Varying health conditions and neurodiversity were shared.
All participants self-identified as having outdoor swimming experience, including at Windermere.

Questions of Care

If you find yourself on the shores of Windermere, chances are you will soon spot a safety sign asking bathers to 'take care'. These signs got Taylor thinking during his fieldwork, and when dipping in and out of the scholarly debates.

What does 'taking care' look like when swimming with Windermere? Not getting too cold? Staying visible? And avoiding algal blooms? Or can care be understood as more than these individualised efforts, and be impacted by other influences?

Care is a common notion within understandings of health and well-being, yet its definitions can be simultaneously vague, assumptive, and evolving. Care is often defined as advocating for the needs of others through compassion and empathy ^[1].

Additionally, care can be a pursuit of minimising damage and risk. Care can mean giving time and attention to others struggling, particularly under social and environmental inequity. Furthermore, it could mean helping others survive or flourish ^[2].

Care can advocate for yourself, another human, a community, a space, a different species (seen and unseen), or even your favourite cozzie or crocs.

However, acts of care can also be uneven. These intentions may meet some of your needs and perhaps of others, yet simultaneously place a risk to yourself or remain unbeneficial to others ^[3].

These notions of care can also place responsibility on the individual. Yes, care is personal and we each carry a trace before, during, and after every swim ^[4]. But care is also influenced by others.

Swimming with care at Windermere shares social, political, and environmental influences. They are entangled in local, national, and global contexts. Swimming with care can be both positive and negative, and there are always more questions.

Although these definitions remain contested, Taylor brought these questions of care alongside his swim kit to help frame his research. This framing included his ethical intentions with those he interviewed and others he encountered.

These care-ful practices included checking in and around, keeping a dialogue to prevent discomfort or getting too cold. There were no expectations of time, distance, or response, and adaptations were open, staying on-shore if needed.

Taylor advocated for anonymity by generalising his observations and asking participants to choose their pseudonyms (though some preferred not to). Taylor timed his approach and questions to avoid overwhelming the participants (and others).

Taylor's research aims to help swimmers/dippers explore their motivations, alongside questioning the social and environmental influences.

These questions generated positive responses, further ambivalence, and at times, raised backs. The remainder of the zine shares these responses and reflections that glowed following the analysis.

References

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[2+3] Ibid.

[4] Olive, R. (2022). In deep: At one with the water, with all that entails [Online]. *The Sociological Review Magazine*. Available at: <www.thesociologicalreview.org/magazine/august-2022/water/in-deep>





Social Questions



Although contested, ethnographic research is often defined as immersing within a community or space and observing social interactions [1]. It can include personal reflections and absorbing stories with interviews on the ground (and in the water).

Rayrigg Meadow and Millerground are two very popular outdoor swimming sites. Taylor adopted these sites during the fieldwork to situate these interactions, questions, and conflicting responses.

Noticeably, Taylor observed more practices of dipping, swimbling, bathing, and jumping off the jetties. Even in the summer months, long-distance swimming is commonly practised during events or by a few keen individuals or small groups.

Taylor observed moments of joy, playfulness, lightness, solidarity, and care among those swimming solo and in groups. There could also be nervy moments, knocks, and heaviness, whilst the busy, expansive, and changing waters could, at times, make people feel small and vulnerable.

There were stories of anticipation, overcoming, and elation, alongside different approaches of immersion and uses of kit. Wetsuits felt assistive for some yet restrictive or fuffy for others.

Sharp cold sensations of the water can centre the focus of the swim inwardly, briefly numbing other stresses, and often followed by breath, reflection, shared joys, worries, selfies, and cups of tea.

Notions of 'connection' were reported as feeling powerful for many, yet articulating the spaces beyond themselves, while immersed in the water and during shivery after-effects, proved difficult.

We all bring something different to these spaces. Mood, stress, intentions, and perceptions change alongside social and environmental influences. Even the most experienced swimmers must adapt their intentions, although some choose to persist.

The winds can rise, water clarity and blue-green algae fluctuate, the coldness can feel too intense, or you might not be 'feeling it' following flurries of tiredness, anxiety, stress, and illness.

Importantly, anticipation of cold water shock, hypothermia, and after-drop were often cited. Promoting visibility with a tow float and a bright swim cap when swimming among inexperienced boat users was also commonly considered.

Routine safety knowledges and practices are often developed through regularity and experience. But there are also infrequent visitors and different levels of access, swimming ability, knowledges, and values, perpetuated further by uneven social and political structures [2].

The shores can become busy, especially in the summer, partly due to the limited public access points available. In turn, locals and those pursuing 'solitude' often time their visits to avoid busyness.

There are tones of localism [3] and, at times, double standards, particularly regarding noise levels and crowdedness, despite swim meetups sometimes attracting large numbers (70+).

Outdoor swimming can strive for openness, and applause goes to those trying to make these practices more inclusive. But there is still a long way to go, and more questions that can be asked.

References

[1] Olive, R. & Thorpe, H. (2018). Feminist ethnography and physical culture: Towards reflexive, political, and collaborative methods.

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[3] Olive, R. & Wheaton, B. (2021). Understanding Blue Spaces: Sport, Bodies, Wellbeing, and the Sea. *Journal of Sport & Social Issues*, 45(1): 3-19.

Here are 40 snippets showing different motivations and complications for swimmers and dippers.

I had my hysterectomy, following cancer in the first lockdown. And there wasn't any physio or any pools. [...] there wasn't any aftercare.

Louise

I class the water as my happy place. So, if I am having a bad day, get me in the water [...] there's nothing like it at all.

Mary

even though I know it's coming, there's still that sense of trepidation as you go in. But there's also an excitement, knowing that I will enjoy it.

Phillipe

I get up to this point and I have instant regret [...] I sit there and think - Why do I do this? This is awful. This is so cold. And then I do enjoy it.

Rebecca

there's a bit of a dichotomy [...] I'm just floating. It feels amazing. However, the cold water on my neck on the back of my head. It's causing pain.

Tim

it's just all about controlling my breathing. [...] I'm turning my head [...] looking into the sun, or the clouds. And I'm looking down, the light on the bubbles [...] that immersive experience.

Graham

I suffer with panic attacks in controlling my breathing for a long time. And I think it's to do with just not feeling in control of the situation.

Edward

it's like almost like [...] a natural reaction that I haven't got any control over it, but my body knows what to do.

Hunter

my body's like, I've had enough. And it starts to be unpleasant [...] it crosses a line into, it's no longer benefiting me. I need to get out.

Tanya

We call it a 'watergasm' [...] [Newcombers] they're really not sure what's going on. And then all of a sudden, this big smile, 'oh, it's so lovely'.

Tina

I love it on my own terms [...] No pressure. If it's freezing cold and I want to get out and go, I can get out, it doesn't matter.

Beth

when you have collective suffering, you forget about the pain. You get in a lot quicker [...] But sometimes when it's just you it's hard to get in.

Charlie

maybe that's why it appeals to a group of women [...] safety in numbers [...] confidence to just, you know, get your kit off and go for it

Terri

a big element was the communal sense [...] I was looking for a [...] peer group [...] with other guys [...] that was something missing in my life.

Mike

if you just went in your speedos and you're in, everything's covered in nature isn't it, you know, you are fully immersed in it.

Karl

it's a bit disingenuous when people say 'it's just me and nature' [...] yes, but you've acquired the skills to swim safely [...] We need to respect people's concerns and help them.

Florence

if you turn up in a wetsuit [...] paddle up to your knees. That's alright [...] you've made an effort to come here, and that should be applauded.

Benson

although my body's not conventionally athletic [...] it's one that allows me to do cool things like this [...] there's a real diversity of body shapes.

John

I think about how much of a privilege it is to be able to move my body [...] Some people have never known it, or they've had it taken away.

Maggie

language that suggests we're going out into nature is problematic [...] the specificity of these places and what it is they can do and who it is we can be [...] i think can be really valuable.

Dory

Swimming with care can be positive and negative. We all bring something different to these spaces.

if I don't fully submerge myself [...] it feels like I haven't had the full experience. [...] I try to do it pretty much every single time.

Nebby

I never think I'll get tired of that view [Langdales] [...] For me, moving to the Lakes was like such a big thing [...] it's a nice reminder.

Millie

I really like having nice views. Trees. Mountains. It reminds me I'm small. I'm somewhere I want to be. I've made the changes needed to be here.

Martha

It's kind of a commercial lake. [...] But Windermere is my closest lake, and it's a beautiful lake [...] It's not my lake of choice.

Jon

I can smell the motorboats [...] I did get a mouthful of diesel or petrol in the Great North Swim.

Mollie

you'll be just be swimming and all of a sudden you'll hear this rumble [Military Aircraft] It sounds like a boat is coming towards you. And then you're sort of in shock and you look up.

Hannah

I like knowing that if I just want to rest and hold on I can [Tow Floats] [...] it's like an island, and a safety knowing that it's there.

Clem

I stayed in a bit too long. This is before I had a wetsuit. That's what spurred me to get a wetsuit. I got out the water and my lips were like blue.

Billie

[Summer] it's a bit like Benidorm [...] People have got BBQ's [...] and drinking [...] you only need one idiot to do something suddenly dangerous.

Susan

It might come across isolating if you're someone who isn't a confident swimmer, confident in groups, or doesn't have all the gear. I'm sat here in a Dryrobe. It's quite a privileged occupation.

Sunny

At that point, I was commando [...] And then the second I went to get changed, like the path became the busiest I've ever seen it.

Larry

there's a lot of people with different stories all in a small space [...] so there's always going to be conflict between people.

Peter

there's a bit of an unspoken rule that if you see swimmers' stuff on the side, you know you just don't touch it [...] Perhaps some people don't.

Steve

I get frustrated that the outdoors isn't always respected [...] But I think rather than shaming [...] it's asking why these individuals would do this?

Marie

one thing I don't like from swimming is dogs barking [...] that's an anxiety trigger [...] it causes a stress response straight away.

Christopher

I wasn't sure whether I wanted to be here [...] For me, the swimming and the community is really, really important. [...] It's a bit like an army unit. It's a camaraderie.

LuLu

it's not always just about get rid of everything that I'm worried about [...] it brings out the childishness in anybody [...] it can just be for fun

Petunia

ancestrally we're all connected to the waters [...] But, it's a myth that black people can't swim, and that comes from slavery and colonialism.

Lavinia

there's temptations of probably white people again wanting to encourage other ethnicities that maybe just aren't bothered.

Craig

if you can share a smile with someone, then why not? [...] often, there's people that are by themselves. It's quite nice to just be able to share that [...] it's like, 'Hey, we're both here'.

Sarah



LAKE IT EASY

TAKE CARE
WHEN BATHING
IN THIS WATER

Environmental Questions

Sewage pollution and cyanobacteria (blue-green algae) blooms at Windermere continue to make headlines, whilst conflicting reports of ill-health generate ambivalence, adaptation and avoidance.

The North Basin in Aug 2022 saw significant algal blooms following intensely dry/warm weather ^[1]. Parts of Windermere were visually comparable to a thick pea soup. Other parts experienced slicks, scums, slimy rocks, and green dandruff-like flakes. Rising temperatures, light, legacy sediment, and nutrient input sources (typically phosphorus and nitrogen - often by wastewater and agricultural run-off) can impact cyanobacteria growth rates ^[2].

Not all algal blooms are evenly concentrated, yet 'Toxic Algal Blooms' signs remain all year. A casual gaze across the water arguably cannot determine its potential toxicity as it requires sampling and testing under controlled laboratory conditions ^[3].

Claims that Windermere is risk-free are also contentious. Algal blooms carry potential human health risks during direct contact. These include rashes, eye irritation, vomiting, diarrhoea, fevers, and muscle and joint pain, while also sometimes fatal to dogs, livestock, birdlife, and fish ^[4].

35 participants indicated asymptomatic responses during their swimming histories at Windermere. 5 participants recalled accounts of illness, including rashes, vomiting, and diarrhoea following contact with algal blooms or prolonged immersion.

The EA's designated public bathing waters testing for E.coli + Intestinal enterococci (faecal bacterial indicators) under the 'official' bathing season framework (May-Sept) were rarely recognised.

Taylor sensed feelings of powerlessness over the environmental trajectory and an unawareness of the importance of freshwater ecologies - including the unseen critters that share these fragile spaces.

Ambivalence was expressed by those who had not experienced symptoms. Some adapt their entry or intentions, keeping their head up following heavy rainfall. Some reported avoiding Windermere in the summer, yet often as it's busier. Some held United Utilities as solely responsible. For some, it was private septic tanks. Others shared dismissal. And many implied sinking their concerns to avoid conflict with their motivations or with peers.

'Litter' (notably, plastic pollution) was of concern, with responsibilities often credited to infrequent users who do not follow countryside codes or values. The producers or government regulating these culprit materials were rarely mentioned.

Some stage litter picks, often following notions of 'leave no trace (or better)', yet humans still carry an impact before, during, and after their presence on the shores and in the water. Some questioned if their bodies were polluters - e.g. bodily excretion, chemicals on our skin, or the fibres from our kit.

Checking, cleaning, and drying kit between swims to prevent the spread of invasive non-native species were strongly emphasised, yet infrequent users may be largely unaware. There were also questions on the health risks of boat fuel spillages.

Taylor's findings do not dismiss the potential for any health risks. The bodily, social, political, and environmental influences persist. There are also questions of 'yet' within our changing climates.

References

- [1] Thackeray, S. (2022). *Extensive algal blooms in England's lakes: here's why*. [online] The Conversation. Available at: <www.theconversation.com/extensive-algal-blooms-in-englands-lakes-heres-why-189481>
- [2] McGowan, S. (2023). Harmful algal blooms. In: J. F. Shroder. & R. Sivanpillai. (Eds). *Biological and Environmental Hazards, Risks, and Disasters*. 2nd ed. Amsterdam: Elsevier (9-53).
- [3+4] Ibid.



Here are 40 snippets showing different motivations and complications for swimmers and dippers.

There's a lot of sensationalism around [...] Reducing the issue to simple points [...] it's a concern [...] even if there's nothing worsening in the condition of Windermere.

Phillipe

I think swimming over ten miles on Windermere, everyone that I know who has swum Windermere has been ill over the next few days, or next few weeks.

Charlie

the way Windermere has been getting polluted, I've never really fancied doing an end-to-end before. It's kind of now or never.

Hannah

the seventies and eighties, the stories of people swimming in the lake and [...] like having a turd floating pass [...] I don't think we're there now.

Karl

we thought it was dermatitis [...] we realised it must be from something in the water.

Lavinia

we've always had blue green algae blooms in Windermere, and really I've just avoided them. [...] You hear a bit more news about [...] sewage pollution [...] I didn't really know about that.

Mike

To risk making the lake unusable for water activities, where, unless you're in a boat it's not safe, seems to me to be quite extraordinary

Florence

That's the thing. It's not until I probably get ill that I might actually start taking more note.

Graham

the health concerns are there [...] so the Big Windermere Survey, that was fantastic citizen science. I trust universities. I know they're funded but I think they largely do the right thing.

Benson

there's more work to be done [...] the spread of invasive species [...] and water quality is a big problem, nationwide.

Hunter

there's been campaigns [...] a lot of media attention [...] I'm not one for following media hype. And don't sort of automatically subscribe to that [...] I'll almost look for concrete proof

Edward

my swim gloves, they will have like a green tinge to them if I don't wash them straight away [...] So, that's normally when I know like when the waters not been great.

Rebecca

in the summer, when it's green, I know there's a sort of wilful turning a blind eye to the fact that this body of water is getting more polluted.

Sarah

Good grief. Some of that film footage of raw sewage and sanitary products. You know, that would completely put me off.

Mollie

I've never had anybody say 'I've been sick'. But people might not talk about it.

Tina

[United Utilities] part of the problem, but [...] an essential part of the solution. [...] how do we put pressure on the right people so that they do take their responsibilities seriously.

John

we're focusing too much on one thing i.e. United Utilities. [...] yet, all these lotions and potions [...] broken septic tanks [...] slurry from farmers fields.

LuLu

I did spit water out when it got in my mouth [...] I think that's subconsciously thinking about it.

Tim

I think one of the biggest issues is that it looks like a beautiful, pristine, lake but you're not aware where the sewage outlets are.

Susan

I'm not exactly sure where the sewage gets treated [...] So, it would be interesting to know where the points of potential outflows are

Christopher

information boards are really useful, but [...] does anyone ever read it? [...] Could you just have a little leaflet [on Invasive Species] with every wetsuit, every pair of neoprene gloves.

Millie

I've never gone in fully lathered up with my sun cream yet. I've never really got to the bottom of how to get around the idea of what lotions I have on me. And what is safe.

Louise

it's definitely a negative of the amount of people swimming. [...] the pure volume, especially in Windermere when it's such an accessible lake.

Terri

I do get like, you know, you don't want it massively overrun with people. But I think there can be quite a sort of snobby attitude to it.

Larry

it isn't for everybody, and you know it probably would ruin the waters if everybody did swim.

Mary

The Lake District [...] actually is quite [...] a poor biodiversity hotspot, even though ironically is famed for its natural beauty [...] lots of species of fish, for example, have been threatened.

Sunny

I expect it to be a bit gross. Like water clarity, and visibility and things like that. I expect Windermere to be the worst.

Martha

when it comes to the sewage, I'm not a hundred percent sure what I'm looking for.

Billie

you'd want to see, actually fish, [...] not just the overarching algae in the summer [...] a variety of everything. [...] probably less human interaction [...] but in a really sustainable way.

Marie

I tell you what I can't smell. Chlorine. And the restraints of a public swimming pool. Which in fairness is probably dirtier than this.

Jon

blue-green algae notices have been going up for as long as I can remember. It's never really been in my mind. It's never really bothered me until the last couple of years really.

Craig

when I go home tonight, I'll put my towel in. I'll give my swim shorts a wash. I'll put my tow float and my boots in. I've got a bucket and a drying room. [...] I'll wash it all through.

Peter

all of the rubbish from the people from the night before [...] that will take away from what I'm trying to get from the water.

Petunia

generally people who get blamed for litter [...] are from a lower demographic [...] certain groups may become demonised and not welcomed.

Tanya

I'm not enough of a political person to do anything more than being cross.

Beth

it feels like you need to pick a side. [...] It's really sad to see the outdoor swimming community at conflict with itself. Because at the end of the day, we all just want what's best for Windermere.

Nebby

A healthy Windermere would have less, much less algae on it [...] no litter [...] I think there'd be a real abundance of wildlife.

Clem

I feel slightly cleaner. [...] mentally I feel cleaner. But physically I know I'm not.

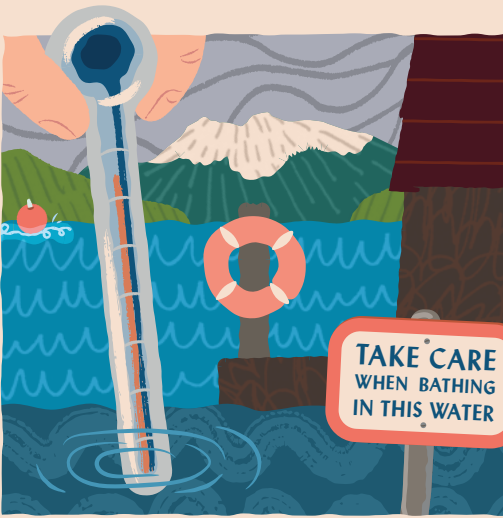
Steve

I wouldn't say Windermere is dying or is dead [...] it's a living changing thing that will always be living and changing. We can definitely say that things need improving.

Dory

it is a worry going into the future. Climate change, are we gonna' lose species. How that will affect the ecology?

Maggie



Care-ful Reminders

This zine intends to generate further questions and proactive reminders for current and potential swimming communities invested in Windermere. These final pages are not a set of rules. Instead, they illustrate more opportunities, directions, and questions of care. Specifically, these care-ful reminders advocate for safer outdoor swimming, biosecurity, conservation engagement, critical readership, questioning political powers, and sharing our positive (and negative) experiences.

No two swims are ever the same. So, take your time, breathe, and feel it out. The temperature, weather, clarity, traffic, and socialities change. Sometimes, we can adapt, exit, stay closer to the shore, or even give it a miss. Swimming with peers, a tow float, a bright swim cap and a whistle if pursuing distance is recommended. If you can afford it, consider booking a qualified swim coach or open-water safety course to learn more.

Dissimilar behaviours and values are easy to judge, but we each bring different abilities and understandings to these practices/spaces. These influences include general access within outdoor swimming and those feeling fearful or confused about the impacts of wastewater and blue-green algal blooms. Heck, it's understandably confusing with all of these wildly conflicting sources of information circulating locally and nationally.

Taylor sensed a strong awareness among regular users on checking, cleaning, and drying their kit to prevent the spread of invasive non-native species. However, these biosecurity initiatives may have slipped off broader radars, with sewage pollution and algal blooms dominating concerns. So, let's keep sharing these proactive practices, especially if involved with local authorities and swim events, providers, brands, and kit producers.

Reading different sources of information about Windermere are also practices of care. These avenues include ecological principles, freshwater fish, birdlife, plantlife, macro and micro critters, and local and global pressures. Windermere hosts freshwater conservation organisations providing courses, talks, volunteering, and citizen science research opportunities. There are also libraries full of books and free online materials. Pick one thing and give it a go. Who knows what you might learn.

Questioning different sources of information can develop depth and equitable views within this evershifting topic. Windermere's ecology is never simply good, bad, or dead. It's forever changing. Windermere and the Lake District National Park also do not situate from inside of a bubble. They are threatened by local, national, and global influences, including climate change - requiring significant behavioural and structural changes.

These practices can be joyful and enlivening, and personal worries and toes may briefly numb. Yet these spaces and interactions can also be tense, fearful, and unpleasant for some. Outdoor swimming can be positive and negative, no matter how experienced you are. But these interactions can help us take notice of what's around and beyond mountainous views, opening up ways of learning with these shared and fragile freshwaters.

Swimming with care at Windermere does not dismiss health risks or inaccessibility for those sharing the shores and waters. However, with so many conflicting sources, it's hard to ever really 'know', particularly if you have not experienced illness, injustice, or even subtle knocks to your confidence. But what feels clear is that more questions can be asked, especially of those with direct experiences and of those with more power.

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Taylor Butler-Eldridge x Bethan Thorsby

Swimming with Care *at* Windermere

For more information about Taylor's research, visit: www.swimdermere.com

You can find more of Bethan's artwork on Instagram @sporadicillustration