

Pool Etiquette

Consideration of other swimmers in your lane will make training enjoyable.

Some guidelines to follow

Selecting your correct lane: Lanes are designated as slow, medium and fast. You should choose the lane that best suits your speed or ability. If you are returning from an injury or a lay-off, you may choose to swim down a lane. Speak to your coach so you can be put into the correct lane. You can change lanes depending on the type of program set for the session – sprints/distance

Arrive on time: If the training session is in progress, you should join in with what the squad is doing at the time. Always use the first few laps to warm-up –don't start at a sprint. Be aware you will be fresh and may catch up to swimmers that are usually faster than you.

Have all your pool equipment ready on the pool edge.

Bring your own drink bottle do not share.

Listen to coach's instruction: If you do not understand, ask for instructions to be clarified. If the front swimmer is not following the set correctly, do not follow him/her – follow the coach's instruction. Keep to the set cycle - do not shorten the rest.

Entering or taking off: When entering the water, never dive, jump, or push off into an oncoming swimmer. Wait till they have made their turn before pushing off.

Pushing off: Leave a minimum of 5 seconds behind the swimmer in front. Push off under the water, not on top to reduce the wave on oncoming swimmers.

Swimming pattern during training: You should swim in a clockwise direction (keeping the lane rope to your left). Keep close to the lane rope, not over the black line.

Passing: Slower swimmers must give way to faster swimmers Pass on the right. Tap the foot of the swimmers in front of you before passing. If you are being overtaken move close to the lane rope. If you are being overtaken at the turn, stop, move aside and wait until the other swimmer has pushed off.

Stopping: If you need to stop, move as close to the lane rope as possible, this will give the swimmer room to turn. When stopping at the end of a set, the front swimmers should move to allow all swimmers to finish at the wall. This may mean the front swimmers need to move away from the wall.

Do not block the view of the pace clock

Put any equipment that you used away.

Thank the coach for a great session.