

POOL ETIQUETTE WHEN TRAINING

(Please keep this information in your swimming bag and refer to it from time to time)

1. *Awareness of others* -

If everyone makes it their priority at all times, to be consciously aware of where everybody else is in their lane, and has the consideration to make sure they don't get in their way, then all lanes will operate smoothly.

2. *Keep to the Left* -

Always keep to the left side of the lane, as close to the wall or lane rope as possible, not just marginally on the left edge of the black line. This allows a faster swimmer room to pass down the middle.

However, it is a passing swimmer's responsibility to make sure that he/she is not going to interfere with the progress of either the swimmer being overtaken, or any swimmer coming from the opposite direction.

3. *Having a Rest* -

If you have stopped for a rest, let the person behind know and tell them to go ahead.

4. *Fastest to Slowest Swimmer* -

Try to organise the order of swimmers starting each set from the fastest to the slowest. This will prevent those at the back from catching those ahead, and should stop those annoying foot taps.

This is not always possible if changing strokes, if someone gets a cramp, if someone gets a mouthful etc. In these cases, be aware if someone is right behind you. They must be faster, so stop at the end of the length and let them pass.

5. *Making Room for All* -

When you have completed a set and have made your way back to the wall, move as far to the right of the wall as you can, making sure that you have left enough room for everyone else to swim in hard to the wall. Don't take up all the room at the wall making it impossible for others to practise their finishes.

6. *Dead Stops in the Water* -

If you absolutely have to stop suddenly in the middle of the pool (eg from a cramp) make sure you get out of the way of those coming behind you.

7. *Leaving a Suitable Gap* -

Always leave at least 10 seconds behind the person in front of you. If you are still catching him/her and have to slow down because you can't get past, then leave a 15 or more second gap. Do not allow the person behind you to push off while you are leaving that extra gap. Stop them and tell them, "HANG ON. I'VE GOT TO LEAVE A BIGGER GAP BECAUSE I'M CATCHING UP". At the next opportunity go in front.

8. *Turning in Longer Swims* -

Approaching a turn, you move from left of lane at about 3m out to go into the turn in the middle, and immediately push off again to the left of lane.

9. *Passing at the Turn in Longer Swims*

If you need to pass at the end of a length, don't pull out to the right of the person you want to pass when approaching the turn. This may cause a collision as they push off.

Instead, get as close as possible behind them so that when they move to the middle at the 3m point, you then move up on their left to turn beside them on their left, then push off on their right. But first, make sure there is no one closely following, then you can continue passing as normal down the middle of the lane without obstructing them.

10. *Re-entering the Line -*

If you have had to stop for whatever reason, but are now ready to start swimming again, always wait to re-enter the line of swimmers till there is a 10 second gap in front and behind you, before you push off. If no such gap exists, then wait till the end of the line before you re-start.

(Happy, Safe and Considerate Swimming)