



TSC's Good Lane Swimming Guide

- *CIRCLE SWIMMING – For Training and Competition Warm Ups swimmers are expected to circle swim. Generally, odd lanes circle swim in a clockwise direction and even lanes circle swim in an anti-clockwise direction. Always ensure you know which way round you should be swimming before you get in.*
- *ENTERING THE LANE – It is the responsibility of the swimmer entering the lane to ensure that they will not be getting in on top of other swimmers already training. Enter the water in an appropriate gap.*
- *STARTING AND FINISHING – Start and finish every length properly. Always push off the wall, and always keep swimming until you have touched the wall. Once Finished, move to the corner of the lane to allow space for other swimmers to turn or to also be able to finish properly. There should never be any requirement to stop in the middle of the lane.*
- *APPROPRIATE GAPS – Always leave at least 5s between you and the swimmer in front before you push off unless directed to do so by your coach for a specific training reason.*
- *LANE ORDER – To ensure that you get the best out of your training and are able to focus on technique and skill, place yourself in the appropriate order in the lane. Fighting to stay at the front of the lane will not assist in your progress to the next squad as you will be sacrificing your skill and technique development and will therefore not meet the Squad Requirements to move up.*
- *OVERTAKING – When you need to overtake someone, pull out into the middle of the lane and swim around the swimmer. Alternatively wait till the end of the length and ask to swim in front. If there is an issue, please talk to the coach. There should be no requirement to pull on other swimmers legs.*
- *BEING OVERTAKEN – If you are being caught, you need to allow the faster swimmer through so that you can continue to focus on your skill and technique. Coaches are watching for your technical development and coachability when deciding who to move up, not who swims at the front of the lane. If someone is overtaking you during the length, pull closer to the lane rope and allow them to pass. If you are aware you are being caught, stop at the end of the lane to allow the swimmer to pass.*
- *COMPLETING THE SET – If you are overtaken, or are slower at one skill/stroke than others, do not worry. You should still always aim to complete the full set as prescribed to ensure you get the full benefit of the session.*