**AGE GROUPS - LANE ETIQUETTE**

* Line your water bottles up in the order you are going to swim to enable everyone to be able to reach their water. If someone can’t reach, pass them their bottle. Keep any equipment needed next to water bottle.
* Do not swim down the middle of the lane unless directed to by your coach.
* USE THE CLOCK – if everyone sets off 5 seconds after the swimmer in front, it prevents so much bunching up. Plus swimmers need to time their swims so need to know when they left each rep.
* Do not stop part way down a length – this causes pile ups and unnecessary stopping. Sets have been designed to work in certain heart rate zones and stopping during a rep or taking extra rest will interfere with your training.
* If you need to overtake during a length, check it is safe to do so. If not, wait until the end of the length and overtake from the turn, or speak to the swimmer between reps.
* Please be courteous to your team mates, if they are stronger for certain aspects of training or strokes, let them go in front.
* Turns – always perform the correct turn in and out of the wall for the stroke you are swimming plus the correct distance off the wall – min 4 streamline fly kicks.
* Backstroke – always start and finish on your back.
* Finishes – when you have finished your rep, move across to give every swimmer in your lane the opportunity to practise their correct finish EVERY TIME! Each swimmer should be able to get to the wall to have drink and get their equipment if needed
* Be supportive of your team mates – Potentially, you may be training together for years – BE KIND!
* Most of your coaches are volunteers and have given up their time to do their training and to help you be the best swimmer you can be – please be respectful and listen when they are giving instructions, corrections or feedback.
* If you have an injury, not feeling well, had a bad day etc – talk to your coach if possible at the start of training, they can make adaptions to the set to enable you to still get something from your session. If they don’t know, they will expect your best effort every time. If an injury happens during training or feeling unwell then tell the coach ASAP.
* REMEMBER: SLOPPY TRAINING = SLOPPY RACING: you have ownership of your training and how you chose to perform.

Julie & Chantal