



Lane Etiquette

All swimmers are expected to comply at all times with the following Lane Etiquette:

- Be respectful at all times - Listen to your coach and always follow the coach's instructions.
- As far as is reasonably possible, swim in order of speed, fastest* in the lane starts first.
* This will change depending on the stroke and/or distance of the set, so always consider your position in the lane at the start of each set; if you know someone is stronger than you in a particular stroke/distance, let them go in front! If swimmers are bunched up behind you, be prepared to drop back. This is for the benefit of everyone in your lane.
- To minimise the number of collisions / pile-ups, make sure you start/dive at five second intervals (as a minimum); use the pace clock to help you. Do not set off immediately after the person in front of you!
- If you have just moved up a squad or you are asked to move into a faster lane, please start at the back of your newly allocated lane – you can always work your way up in time. Watch and listen to advice from more experienced swimmers.
- Your coach will ask you to swim in a particular lane according to your speed, ability, preferred stroke and/or experience, not where your friends are. Do not change lanes unless asked to do so by the coach.
- If you wish to overtake the swimmer in front of you, tap the swimmer gently but firmly on the foot, making your intention clear but without causing annoyance. At the end of the length the swimmer in front of you will wait for you to swim past – if they do not wait, speak to your coach immediately. Do not stop/overtake in the middle of the lane.
- If somebody taps you on your foot to overtake, it is your responsibility to complete the length you are swimming and then stand aside in the corner of the lane to allow the swimmer to safely pass you; leave a five second gap before you set off behind that person again. You are not required to let everyone past – other swimmers should allow you to go, and thus maintain their same position in the lane.
- Leading the lane – well done, you have worked your way to the front. As lane leader, it is your responsibility to know the set, how many lengths you are swimming and how many seconds rest to take, and to be able to pace yourself at the front, using the pace clock.
- Make sure you start and finish every length at the wall. When you finish the set distance, move to the right if swimming clockwise, left if anti-clockwise, to allow swimmers behind you to get a good 'finish' at the wall. Don't stop before the wall – if other swimmers are in your way then politely remind them to make room, or speak to your coach.
- Tempting as it may be, do not walk at the shallow end of the pool, you are here to swim!
- Swimming fly – be aware of people swimming towards you from the opposite direction; swim a few 'single arm' strokes in order to pass safely.
- Swim the set as specified by the coach; only swim a different stroke if specifically agreed with the coach in advance, for example, due to injury.
- Remain courteous to other swimmers at all times; remember that we are a team, so try and be supportive of your teammates at both training and competition. If difficulties arise, speak to your coach.
- Always try your best; keep smiling and enjoy your swimming!