

Pool Lane Etiquette at Training Sessions



Safety First

- To prevent scratching other swimmers, avoid wearing watches and rings with protruding stones
- Start, swim and finish on the left hand side of the lane, keeping as close as possible to the left lane rope
- Fastest swimmer goes first
- After finishing at the wall, move across to the other side of the lane and line up along the lane rope so that others can finish
- Turn on centre markings (the black lines) when possible
- During sets, check when other swimmers are going to start their next lap, to avoid pushing off or crossing in front of them
- If there is insufficient time for a swimmer to 'cross', request that they 'Wait' before pushing off
- Generally, leave at least a five-second interval between swimmers during sets and repetitions. This gives swimmers room to navigate the lane, especially on turns
- If resting, move to the sides of the lane so others can still turn
- Be aware of where other swimmers are in your lane and how fast they are going. Nobody likes to collide head on or be swum over
- Be particularly careful when overtaking. If you find yourself being 'toe-tickled', the swimmer behind wants to overtake; slow down, move closer to the lane rope and let the swimmer through, or stop if it's safe to do so
- Swim in the lane appropriate to your current ability
- Try to keep your own count on sets and repetitions
- Use the clock



Swimmers have a responsibility to:

- Observe lane etiquette.
- Respect the session leader and listen while instructions are being given communicate with the session leader if they are injured, have a medical condition, or are tired, exhausted or excessively distressed by the training session.
- Notify session leaders if they leave the pool before the training session is completed.
- Communicate your health concerns and emergency medical conditions to your training session leader. This information will help the session leader to individualise your workout and also will help ensure your safe participation in Masters swimming.

- If there is a temporary change in your medical condition during the year (e.g. pregnancy) please inform the session leader at the session
- If there is a more serious or ongoing change, please advise the medical officer so appropriate information can be provided to the session leaders.



Session Leaders have a Responsibility to:

- Be sensitive to the very wide spectrum of ability, health, strength and endurance within most groups of Masters swimmers and thus they should:
 - Respect those swimmers who wish to merely train for fun and fitness and allow them to do so without undue distress (including not forcing swimmers to complete sets when they are tired).
 - Respect those swimmers who wish to train harder for competition and allow them to do so
 - Recognise exhausted and injured swimmers.

Copyright © 2016 - All Rights Reserved - Malvern Marlins Masters Swimming Club