



## **MALDON SHARKS SWIMMING CLUB**

### **LANE ETIQUETTE**

Lane etiquette is very important in swimming. It stops friends from knocking each other's goggles off, bashing heads or hurting each other. Lane etiquette helps the training sessions to run smoothly. It helps you swim better, and it makes the Coaches happy.

Remember these rules of the pool:

- Always go to the toilet before your training session
- Bring a positive attitude with you to the pool, encourage each other remember you are all part of the same club.
- Go easy when your coach has asked you to. Not every length is a race! When doing drills, coaches prefer a perfect drill rather than how quickly you did it.
- Always Start, turn and finish with LEGAL push offs and touches.
- Know (or ask) the speed of the people in your lane, so that you can get the right order in your lane (fastest to slowest). This will change depending on the stroke or drill you are doing. You will not be the fastest at everything.
- When circle swimming, stay to the correct side of the lane.
- When swimming butterfly or backstroke, be aware of where you are in the lane.
- Don't stop in the middles of a length! Keep going to the end of the pool, move immediately to the far right and let others pass you. Push off AFTER they have finished their push off.
- If you want to pass, be patient. Don't swim over the top of the person, you could injure yourself and your friend. Only if the other side of the lane is free you can speed up and swim around a person. Don't speed up if you are being overtaken. When you want to pass, gently tap the toes, never pull (just once) of the person in front. This is the sign that they should stop at the end of the length and let you pass.
- Don't tailgate! Wait at least 5 seconds before you push off behind someone. Then, if you catch the swimmer ahead of you, tap their feet (once) and go ahead of them at the end of the length. It's annoying if you stay right at their feet and don't signal to pass. Or, worse yet, you keep hitting their feet every time you take a stroke. If you're always catching the person in front of you, either go ahead of them on the next swim or leave 10 seconds apart.
- Try to turn in the centre of the lane. Just before you reach the wall. IF THERE'S ROOM. Move to the centre of the lane. Don't push off in the middle of the lane. Start and finish each swim at the wall.
- If you finish by stopping two meters from the wall, you prevent the swimmers BEHIND you from finishing at the wall, Also, the chances are good that you'll lose a lot of races.
- Swim races are won and lost by hundredths of a second. Practice a strong finish...right to the wall.... every time you swim, and strong, fast finishes will be automatic when you race.

### **Be aware!**

- Always be aware of where others are in your lane.
- Don't push off in front of someone about to turn, if they are faster
- Let your lane-mates finish every swim at the wall
- Even if you have 8 people in your lane, the last person has the same rights as the first.
- Everyone should be able to finish at the wall and finish strong. So, move out of the way after you finish.
- Learn to read the pace clock. Know both your time and the interval.
- Count your laps and stop at the appropriate number, don't always rely on the person leading the lane.
- If you are leading the lane, you have responsibilities
  - a) Have your goggles on and be ready to push off when coach says, Ready, GO! Know the send-off.
  - b) Keep track of how many laps you've swum and how many repeats you've completed.
  - c) Get everyone involved in keeping track.
  - d) Set an example.... encourage your lane mates.

