

## ATLANTIS MASTERS SWIMMING CLUB POOL ETIQUETTE

This is not only for new members, but is a reminder to all of our members that for the comfort and safety of all members training in the pool, there are certain “Rules of Etiquette” that should be followed.

It may sound a bit draconian when you first read them, but most are only common sense/good manners.

Some are specific to the pool/way we train so please take the time to read and follow them the next time you train with us.

### **LANES;**

We always have at least three lanes available at our training sessions.

They are divided into slow – medium - fast lanes. More often, depending on numbers there may be more two or more lanes dedicated to a particular speed. The COACH has the authority to request an additional lane from the pool management if additional lanes are available and the numbers warrant it. If the coach opts for an additional lane he may direct you to the new lane. Just because you “usually” swim in a particular lane does not mean that you will not be asked to change lanes please FOLLOW the COACH’s direction AT ALL TIMES.

For this document I will refer to the case of three lanes only.

Usually the middle (medium) lane swims in a clockwise direction. The slow and fast lanes swim ANTI clock wise. The reason for this is that then each lane is swimming in the same direction when the swimmers are closest together.

This is so there is less likelihood of swimmers arms clashing together when swimming alongside each other.

While there is NO set numbers for each lane for convenience, and to enable ALL member to gain the maximum benefit from the training session, we would ask that if there is a large number of swimmers in any particular lane (usually the medium lane) then a couple of the top swimmers from that lane should move up to END of the next faster lane OR a couple of the slower swimmers should drop back TO LEAD the slower lane, depending on the numbers in the other two lanes. Again this may be where the COACH’s direction may come into effect.

### **TIMING:**

When swimming single laps leave a gap of at **least 5 seconds** between yourself and the swimmer in front. After a couple of sets you should be able to judge how much gap you will need to leave so that you do not catch the swimmer in front but at the same time do not hold up those swimming behind you.

If you still find yourself catching the swimmer in front, then please move up a position at the next set. You will gain more benefit yourself, and you will not annoy the swimmer in front by consistently touching their feet or by being on *their heels* at the turns.

You also need to allow a reasonable space between yourself and the swimmer in front so that they can also perform their turns correctly and do not feel “pressured” by someone close behind them.

If when swimming more than a one lap set, you do feel the following swimmer consistently touching your feet then, when you next reach the end of the pool on that lap, pull well to the NON turning side of the lane and allow them to swim on through, **DO NOT stop in the middle of a lap**. Then either start immediately behind them IF there is space to do so, BUT if all the

following swimmers are also banked up then wait for the last swimmer to swim through and then tag along. Rejoin the swimming order one position further down than before at the start of the next set.

The other thing to remember is that, as soon as you touch the end of the pool at the completion of a set, move out of the way, so that the following swimmer(s) can swim right to the end of the lane.

### **TURNS;**

For sets of more than one lap, angle your last stroke over towards the centre (black line) of the lane so that when your feet make contact with the wall they are in-line with the black line.

When pushing off, angle away from the black line. Do not swim straight into the wall and then try to turn and angle across to the other side, as you may run headlong into the swimmer behind particularly if they happen to be too close.

### **ORDER;**

We all have different abilities when it comes to different strokes. If you are better at a particular stroke, then when it comes time for a set of that stroke, please move up the order in your lane, do not hold back and then swim over the swimmer in front of you. Similarly if you intend to use flippers for a set, or due to a lack of skill in a particular stroke or a medical disability, you intend to only swim freestyle, then move up in swim order.

There is no set order in each lane, do not think that just because Joe or Jane were leading when you first joined the training that THEY always have to be the leaders. Sometimes they may be suffering an injury or just feeling a bit lethargic, and would appreciate the ability to drop back a place or two. Similarly if you want to push yourself, even if it is only for a set or two, ask to move up a couple of places, provided you do not hold up the rest of the group.

It should not take you long to find your place in the swim order but this will change according to stroke and distance.

Remember there is always plenty of room at the front of the lane.

### **COURTESY;**

Some members attend training to improve their style and speed for competition, others attend just to keep up their fitness but we all want to have an enjoyable experience Most of all remember, our motto for FUN and FITNESS,

We all want to get the most from a training session, we are all adults who set and should know our own limits, nobody wants to be aggravated or pushed beyond their own limits by an inconsiderate swimmer.

The same goes for the COACH, he is there to help you improve your swimming, please give him the courtesy of following his instructions at ALL TIMES, and do not talk when he is explaining what he wants you to do or whatever the next exercise may be.

Please remember also that if you have a medical condition or injury, either long or short term please let the coach know so that he is aware and considerate of your condition.

Also as a courtesy please let the coach know if you intent to leave the training session early for any reason.

Thank you and enjoy your session.