

Training etiquette

It may have been a long time since you last swam with a club, or maybe you never have at all – what is the polite and friendly way to swim? These are some guidelines that help us all train together:

Before you get in the water

Please help get the lane ropes out at the start and put them away again at the end of the session – the more people who help, the quicker it gets done!

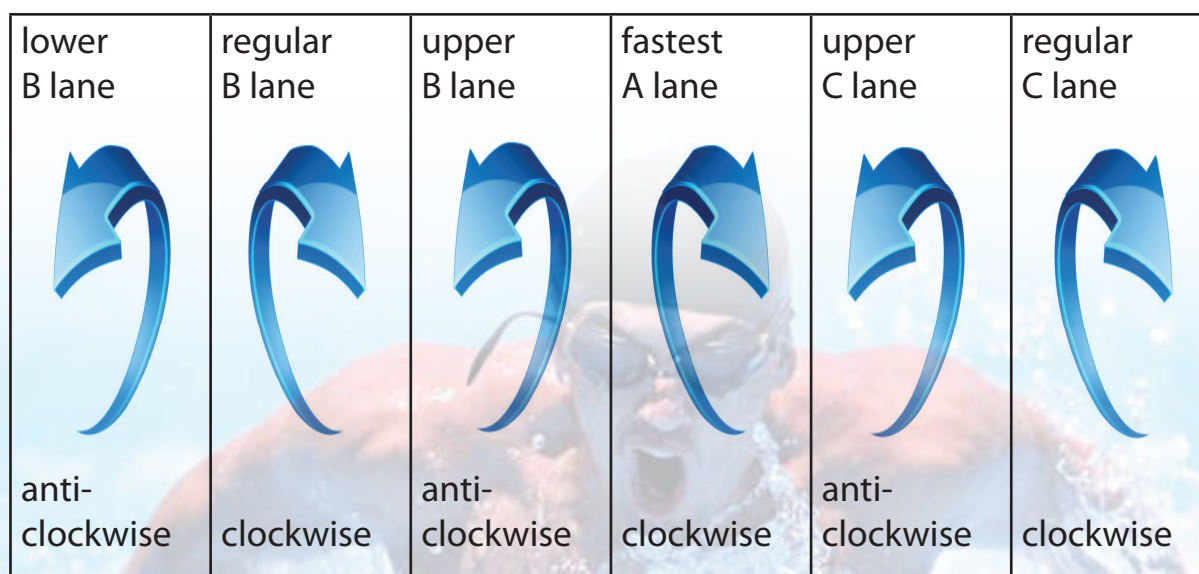
Always tick your name off on the attendance sheet. If you are new to the club or a guest please write your name clearly on the bottom of the list.

Don't put IOUs in the money tin – it leads to confusion and mistakes.

Note which way the lane is going (clockwise or anti-clockwise). That is determined by the flow of the lanes on either side. The reason for this is to avoid clashing arms of people going in opposite directions in adjoining lanes – see the diagram below for the lane direction we usually use.

Please don't wear watches in the water – by all means have them available on the end of the pool – but watches in the water can cause injury or get broken.

Please don't dive into the pool at the shallow end. It is very dangerous.



shallow end

Lanes are subject to change dependent on the number of swimmers at each session

Now let's get started

If you are not sure where you should be in the lane – start at the back. If you are being held up ask your fellow swimmer if you may go in front and move forward in the lane until you find the right position where you are not holding up the swimmer behind nor catching the swimmer in front.

Always leave a five second gap between you and the swimmer in front when you set off. You may find after a few sets that they are fast enough compared to you that only three seconds is sufficient or maybe you are just catching them by the end of the set so seven seconds is better. But don't swim right on top of their feet. It is dangerous and annoying.

If it is a long set and you don't want to wait until the next break and find yourself catching the swimmer in front, the correct way to let them know is to touch their feet a couple of times. The swimmer in front should then stop at the next turn and allow you to pass.

If the swimmer behind is touching your feet don't stop in the middle of the lane, you should stop at the next turn and move to the side to allow the swimmer behind to go in front safely.

In the unfortunate event of a clash with another swimmer in the water (maybe a clash of knuckles or an accidental kick) don't stop in the middle of the lane. But when you get to the next break do apologise and check they are OK – no-one means to do it on purpose!

If you are experiencing problems you can have a chat with our welfare officer Pauline Cooke.

Just following these simple guidelines will help us all to enjoy our training sessions so much more!

Thank you!

