

**Loughborough Town Swimming Club**

**Lane etiquette**

Swimming in lanes requires organisation, discipline, a high degree of awareness and common sense. If any of these are lacking then the risk of accident/incident is greatly increased. Always try to be **aware** of where other swimmers in the lane are.  **Common sense** is vital.

**Do not dive in** at the shallow end and only dive in at the deep end if the Coach advises that you should do so. If you are told you can dive in then look before you do so to ensure the water is clear of other swimmers. This is your responsibility.

Always arrive on time and preferably 5 minutes before each session so you are ready to start on time, it is recommended you also go to the toilet before each training session!

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**Always leave 5 seconds between swimmers**. Watch the clock, do not just ‘go when it feels right’ as you will usually be too close to the person in front and you will mess up the timing for those behind you. Aim to start every length with a good stream-lined push-off.

If you cannot see the clock then either count or go when the swimmer in front has passed fully under the 5 metre flags (as this equates roughly to 5 seconds).

**Do not** push off immediately after another swimmer.

**Please make allowances for the varying abilities that occur in some lanes. Slower swimmers have as much right as faster swimmers. Be considerate. This also applies in gala warm-ups.**

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**Stay right over on your side of the lane.**

You should not be swimming down the black centre-line, as swimming down the middle is both selfish and dangerous. Always swim in a circular direction (unless directed otherwise by the coach). Stay close to the lane rope and avoid swimming in the middle of the lane as this is when head-on collisions occur or accidental clashing or arms.

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**Do not swim right up on people’s feet** and **do not pull them back.** If you are faster then ask if you can go in front of them on the next rep. Try to pace yourself well, this will help to keep the lane flowing well and all swimmers will benefit.

If you do not want to go in front of a slower swimmer then it is your responsibility to slow down and hang back as it is off-putting having someone right on your feet.

**Do not stay in front if you are holding others up** If someone has caught you up on one rep then let them go in front on the next one.



When using fins or pull buoys be aware that the order of the lane may change – don’t be afraid to change position in the lane if you need to. Try to keep all of your kit neatly organised on the pool deck. Name everything – including drink’s bottles!

Aim to do your drill and technique work to the best of your ability – do not feel pressured to rush this aspect of the session. A drill worth doing is a drill worth doing well.



On approach to the wall, start moving from your side of the lane to the centre of the lane. Execute the turn at the centre of the lane pushing off to the other side of the lane.

Be aware of other swimmers when you kick off the wall out of a turn. Swimmers swimming in opposite directions very close to each other make this a likely time for collisions and where swimmers are kicking off hard, with head down, this can be potentially dangerous.

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**Do not finish your swim 5 metres out**. Swim all the way in to touch the wall.

Once you have touched, move out of the way to the other side so that others can complete their length in turn. **Do not stand blocking the wall for other swimmers**, this is selfish.

If you are sitting a rep out then it is your responsibility to keep out of the way of those who do want to swim. **Keep right in to one side or get out**.



**Finally** – Please pay attention to the Coach and comply with any instructions you are given. Be nice to your fellow swimmers (and Coach!). You may be feeling tired or grumpy but there is never an excuse to get cross with someone in your lane. IF there is a problem in your lane, let your coach know.