



SWIM ETIQUETTE AT POOL-BASED CLUB SWIMS  
08.05.2017

#### SESSION MANAGEMENT

- Follow instructions given by the session coach. If you are unsure of anything, please ask questions before proceeding.
- If you feel unwell or need to end the session early for any reason, inform the session coach.
- Pool-based swim sessions can be busy. Please give consideration and respect to other swimmers at all times.
- If in the unusual situation that swimmer numbers exceed 8 per lane, it may be necessary to turn swimmers away. It is the responsibility of the session coach to manage this type of situation.

#### IN CASE OF EMERGENCY

- Follow instructions given by authorised pool staff (Lifeguard, Pool Manager) at all times.
- Stay with the session group until further instructions are given.
- If told to leave the building, do not re-enter until told to do so

#### SWIM DIRECTION

- Always swim in the direction indicated for your lane or as instructed by the session coach.

#### CHOOSING A LANE

- Swim in a lane suited to your ability – be realistic about your own capabilities. The session coach will determine a suitable lane for you if you are in doubt.

#### PHYSICAL CONTACT

- Swimmers should take all steps to avoid physical contact with others at all times during sessions.
- Lanes can be busy, so it is important that swimmers swim close to the dividing lane rope and not in the middle of the lane where clashes with other swimmers are more likely.

#### DRAFTING

- Observe a 4-5m gap to the swimmer in front of you to avoid drafting.

### OVERTAKING

- Generally, overtaking during club swims is minimal but please be aware of basic principals:
- If you want to overtake the swimmer ahead of you, make a firm tap on the foot of the swimmer ahead and be prepared to overtake the swimmer at the next turn.  
If safe to do so, overtake the swimmer in front during a length.
- If you are the swimmer being overtaken and have your foot tapped, be prepared to let the swimmer behind pass at the next turn.

### LANE BLOCKING

- Always swim to the end of the length and if stopping, move quickly out of the way to allow swimmers behind to finish their length.
- Do not reach the 5m flags and coast into the finish, and do not stand at the end of the length blocking swimmers coming in behind you.

### RAISING CONCERNS

- If you have concerns about any club session please report them to the session coach, the Head Coach and the Club Welfare Officer