

ARMADALE MASTERS LANE ETIQUETTE

Please read and follow our lane etiquette rules for smoother and safe swimming in the lane. If you have a question regarding lane etiquette, please ask our coaches.

Lane Leading

Nothing makes a set run smoother than a great lane leader. The first swimmer in the lane must understand the set and all the intervals, be able to see and read the pace clock and have a good sense of pace. The Lane Leader should use common sense and realize that the way they swim affects everyone in the lane. The other swimmers need to support their Lane Leader. The Lane Leader can change for different strokes and sets.

Leaving Five Seconds

It is accepted lane etiquette that swimmers leave 5 seconds between each other before pushing off the wall.

In everything we do, if the first person leaves on the 00, the next must leave on the 05, the next on the 10 etc. Nobody likes people "swimming behind them touching their toes, just because they've pushed off right behind them.

Sometime we will leave 10 seconds between swimmers, no "drag" allowed at all.

Please don't negate the 5-second gap by sprinting the first lap so you catch up to the person in front and then hang off their toes.

If you are capable of catching the person in front, time and time again, then you must move ahead of them in the lane order. Sometimes you'll find that they then catch you. You are probably, in reality, both the same speed but the second person is always getting the "free ride" from the "drag". When that happens, "share the workload" and take your turn in front.

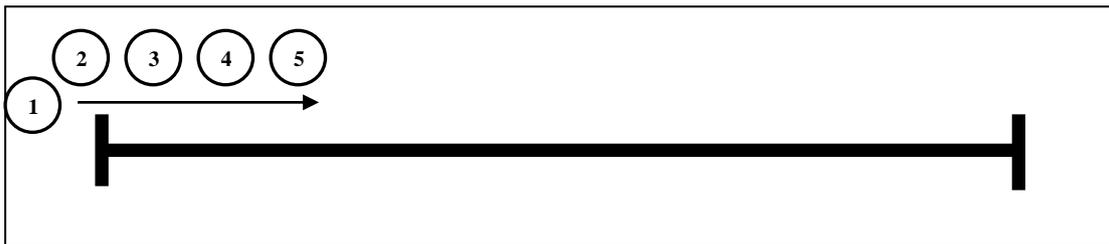
Session Start / Warm Up

If you get in the water after the session start time and you miss some of the warm-up and you feel you need more warm-up, just take the first couple of repetitions of the first set slowly, and then move back up to your usual spot in the lane when you are ready.

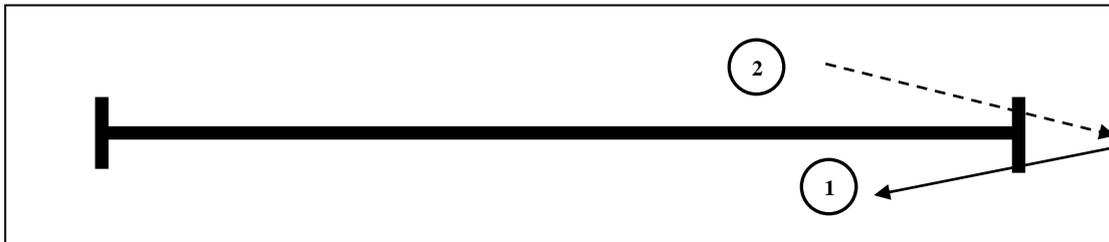
Negotiating The Walls (at the end of the lane)

Negotiating the walls properly leads to a smoother running lane. Follow these guidelines for negotiating the walls in your lane and you will encounter less congestion at the wall.

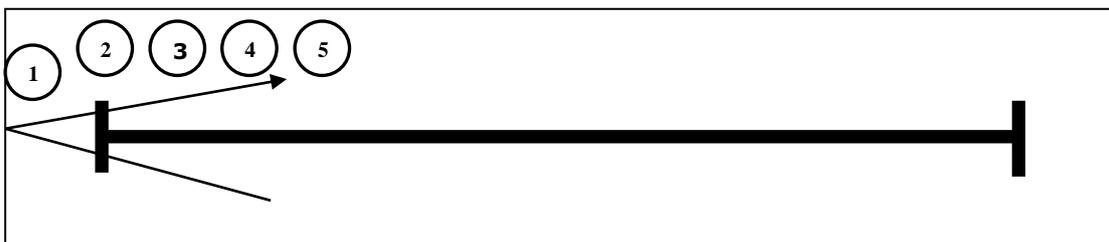
Pushing Off: The lane Leader should be on the left side of the lane, ready to push off into the swimming lane. The other swimmers should be lined up behind the leader, along the lane rope ready to take their turn.



Turning: As you approach the wall for a turn and once the swimmer ahead of you has passed by, cross over to the right hand corner of the lane. Make your turn in the right corner of the lane and push off along what is now the left side of the swimming lane.



Finishing: As in turning, finish as far to the right in the lane as possible. Leave wall space so that the swimmers behind you have an opportunity to get to the wall. Move to the right as quickly as you can and line up along the lane rope behind the Lane Leader.



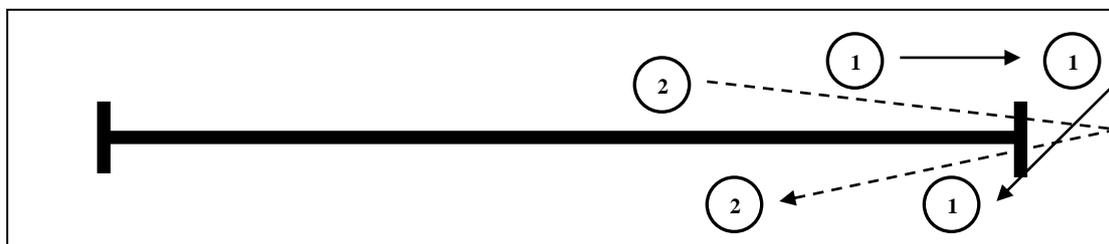
In general, when circle swimming in training, swimmers should make their turns at the Right Corner of the lane. As soon as the swimmer ahead of you finishes their turn and goes by, you should swim towards the centre of the lane, make your turn to the right of the cross on the wall, and push off on what is now the left-hand side of the lane. If everyone does their turns this way, we will avoid crashing in to each other. With regards to resting on the wall in the middle of swims, swimmers should hang on the wall in the Left Corner of the lane. This will allow the other swimmers to continue to make their turns in the Right Corner without interference. Also, when finishing your swims, be sure to finish as far to the right as possible so that the swimmers behind you have some room to your left to finish in to the wall.

Safe Passing

With the number of swimmers in our lanes, the need to pass another swimmer in a long swim is almost inevitable. The key to keeping the lane running smoothly and help all the swimmers keep focus on the training is to determine the passing strategy for the lane before the set begins. Communicate with your lane mates to determine what will work best for everybody in the lane. Passing in the centre of a crowded lane is dangerous and not recommended. Instead, we recommend passing at the walls.

Here is how it works:

- Let the swimmer you are about to pass know, by tapping them once on the foot gently.
- The swimmer being passed pulls in to the Left Corner of the wall and stops.
- The passing swimmer makes their turn at the Right Corner of the wall.
- The passed swimmer then starts swimming again.



(Note: Left and Right are referenced from the direction you are swimming)

A Summary of Basic Etiquette Rules

1. Make an effort to be at training on time and finish the cool down. If you need to get out early, speak to the coach at the beginning of the session.
2. DO NOT DIVE into the water to start the session.
3. Swim on the times the coach has given the lane.
4. Keep a consistent gap of 5 seconds apart unless otherwise told.
5. If you catch up to the person in front pass at the wall.
6. Do not stand up in the middle of the lane.
7. Swim all the way into the wall.
8. Line up correctly at each end.
9. RESPECT the coach and fellow swimmers.

Thanks for reading... and hopefully this will lead to even more Happy Swimming!!!