



Bunbury Masters Swimming

Pool Lane Etiquette

As we get more swimmers at our training sessions, it has become more important to follow correct “lane etiquette” so that everyone gets the maximum benefit and enjoyment out of their training!

Please adhere to the following guidelines:

1. **Swim in the correct lane and make new members / visitors welcome**

Please try to swim with swimmers of similar speed. The fastest lane is almost always the one closer to the centre of the pool, and the slowest lane closer to the edge. Depending on who turns up on any particular day, the coach may ask you to swim in a different lane than you usually do to even up numbers per lane – please do so if asked.

If there is a new member or visitor in your lane, please get a club member who is close in speed to buddy with them for the day to make sure they feel welcome and know what is going on.

2. **Session Start Time / Warm-up**

Please try to arrive and be swim-ready 5 minutes prior to the official start time so that we have time for a short briefing. If you have familiarised yourself with the program and drills prior to coming to the pool, then you are welcome to get in early if there is lane space and do extra warm-up or drills. However, please do not start the Main Set until everyone in your lane is ready.

If you arrive late, please warm up without getting in the way of swimmers already in, and be ready to start the Drills or Main Set as a group. If you still require more warm-up, just swim at the end of the group for the first set until you are ready to take your normal slot.

Warm-up is usually around 8 minutes, and Drills (if there are any) usually last 10-15 minutes.

Diving is not permitted in the shallow end. Please make visitors and new members aware of this.

3. **Swim Order & Timing**

Please swim in decreasing speed order. Please try to be realistic about this. There is little worse than being asked to swim ahead of someone, only to have them right on your toes the entire way!

For all but the short-interval 50m Heart sets, swimmers should leave the wall at strict 5 second intervals on the pace-clock. This reduces the likelihood of the faster swimmers catching the slower swimmers. For the 50m Heart sets, leave 10 seconds when possible so that not too many swimmers are trying to rest at the deep end.

If you catch a slower swimmer in a longer set, tap their toes once towards the end of the pool, so that they know to let you pass at the turn. If you are the slower swimmer, please let the faster swimmer(s) through. If you are caught early in a lap, please stop and hold the lane rope to let them through.

Turning swimmers always have right of way. Please do not push off the wall in front of a turning swimmer, or ahead of a faster swimmer who is likely to catch you early in the lap.

If you need to swim on a slower cycle than the majority of the lane, please either skip the last rep, or turn short on either the last rep or the 100m recovery (if there is one at the end of the set). This way all swimmers start each set together and there is less likelihood of interference.

4. **Finishing into the Wall**

Please make sure everyone can finish into the wall (especially on timed sets). If you are resting, or have just come into the wall, move to one side along the lane rope so that the centre is always clear for swimmers to finish. Please also make sure they have a clear sight to the pace clock to check their time. If it is a short break set, also make sure you do not get in the way of the leader pushing off for the next rep.