



Training etiquette for swimmers

ETIQUETTE- An accepted code of behaviour for all.

GENERAL ETIQUETTE

- Arrive ready to start the session on time with your drink and equipment.
- Go to the toilet before the session and not during it.
- Respect all swimmers and their property, both on poolside and in the changing room.
- Remember there are young swimmers in TSC. Make sure language and topics of conversation are appropriate at all times. Swearing will not be tolerated.
- Show respect to all coaches and poolside team at all times.

LANE ETIQUETTE

- **Listen** when the coach is speaking.
- **Leave correct intervals** between yourself and the swimmer in front. This is generally 5 seconds off the pace clock, unless instructed otherwise by the coach.
- Swim in the direction as instructed by the coach, and stay on the correct side of the lane.
- To overtake the swimmer in front- **tap the foot** (DO NOT PULL).
- **At the end of the lane**, if you have been tapped, stop and let the swimmer behind pass. Then **leave a 5 second** gap before setting off again.
- **Do not swap positions mid lane**. A swimmer stopping in mid lane narrows the lane, increases the risk of collision, and can cause several swimmers to stop.
- Kicking, pulling, and scratching of any swimmer whilst attempting to pass them WILL NOT be tolerated. If this rule is not observed, the coach will have the right to ask you to sit out or leave poolside.
- At the end of your swim, **move to the side at the end of the lane** to allow other swimmers to finish on the wall.
- Swim the entire length – **Do NOT stop and turn at the flags or pull on lanes ropes**.
- **Remember, training is the key to improving your swimming; this is achieved by concentrating, listening to your coach/teacher at all times and trying your hardest during training.**
- If you have any **problems** with other swimmers whilst at the pool, please **speak to your coach/teacher**.

These recommendations are in place to ensure the safety of all swimmers.