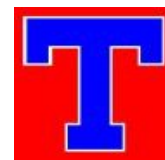




Tiverton Swimming Club

Training etiquette for swimmers



ETTIQUETTE- An accepted code of behaviour for all.

GENERAL ETTIQUETTE

- 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.
- Show respect to all coaches and poolside team at all times.

LANE ETTIQUETTE

- **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.
- **Remember**, that **training** is the **key** to **improving** your swimming **technique** and **stamina**, this is achieved by **concentrating** and **listening** to your coach/teacher **at all times**.
- 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

TSC – Training etiquette for swimmers – Reviewed 01/2021 - club developed guidance