

Lane Etiquette

1. Arrive early to help set up the pool for workout, and remember to help put things away after. This can mean rolling out the equipment bin and boards for coaches, or on Sundays setting up the lane ropes for yard swimming.
2. Get in the pool on time! On weeknights, make sure to be on deck 3-5 minutes before the start of practice so the coaches can put you in the proper lane. This is because we only allow a maximum of 6 swimmers per lane for safety reasons. If the lanes end up misbalanced, the coaches will deal with rearranging them during, or at the end of the Warm-up.
3. Within each lane, swimmers should arrange themselves for each set from fastest to slowest—this can be different for each set depending on the stroke, or whether it's a kick, pull or swim set. In all cases, it is the lead swimmer's duty to ensure that the lane starts swimming at the proper time for each set.
4. Allow 5 seconds between swimmers. In short-course swimming (25 metres), note that allowing more than 5 seconds in sets of over 2 lengths means that the lead swimmer may overtake and frustrate the end swimmer, so try to stick to 5 seconds. The ONLY exception to this is during long-course swimming (50 metres), where it is customary to allow 10 seconds between swimmers.
5. Swim in a circle within each lane, staying off of the black center line and alternate lane direction – first lane counter-clockwise, next lane clockwise, etc, so that you don't get mid-arm collisions.
6. To pass, touch the toes of the swimmer in front of you twice. They should stop at the end of that length to allow you to pass. We only allow for mid-lane passing in long-course (50 metre) practices—for all other practices, passing must happen at the end of the lane, where it is safe to do so.
7. As you approach turns, it's very important to cut in from your side of the lane to make sure you turn at the mid-wall area and then push off in the correct direction heading back down your lane. If everyone does this, you will avoid the dreaded 'head on collision'.
8. Try to swim the workout as posted, but sit out a repeat if you need to.
9. When finishing a swim, move over so the swimmer behind you can touch the wall (especially in a timed set!)
10. Please avoid wearing big watches as they cause injuries. If you need to wear these, be aware of where your hands are. It's also a good idea to leave your jewellery at home.

Enjoy yourselves!

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11. Equipment such as paddles & fins are to be used only when your coach makes it part of the training set unless otherwise advised by a sports medicine person and OK'd by the Coach.
12. Do not tailgate people while swimming. If they are slower than you are, please follow the passing etiquette and ask to move ahead of them during the next set break.

Enjoy yourselves!