

Dryland Training Protocols

The dryland training protocols follow the same principles and courtesies outlined in the Swimmer's Code of Conduct and the training protocols.

1. Arrive at the dry land venue and be ready to start the dry land session at least 5 minutes before the scheduled start time
2. Wear appropriate clothing and footwear (running shoes or similar)
3. Mobile phones should be put away in your bags when you arrive at the dryland venue
4. Listen to the dryland instructor when they are giving instructions – this means not talking when they are talking
5. Do not distract or interfere with others during dryland
6. Only use equipment in the manner approved by and under the supervision of the instructor