

Lane Swimming Protocols

1. Leave the wall to start your swimming set, or repeats, on the correct time, not a second or two early
2. Circle swim - move into the middle of the lane at the turn
3. When you are doing butterfly and swimming past another swimmer coming towards you, ensure your arms do not collide – either do a streamline or fold your arms underneath you as you pass each other
4. Leave your watch in your bag, they do a lot of damage to your teammates, and you cannot race with them on
5. Do not jump or dive in when a swimmer is coming into the wall
6. Let your teammates finish. At the end of a set or repeat, move over, and let others finish at the wall
7. If you need to stop mid-lap for any reason, consider the swimmer behind you
8. Do not pull on the lane ropes when swimming
9. Do not sit on the lane ropes
10. Be courteous. If a teammate is faster than you in a set, let them go before you or let them pass
11. Ensure that any physical contact with others is appropriate to the situation and necessary. Any issues in relation to this need to be brought to the coach's attention for the coach to resolve