



# Burlington Masters Swim Club Inc.

## Swimming Etiquette

1. Group Assignments (A/B)
  - a. Members are to stick to their assigned groups (A or B). This is important to be fair to all members to keep things consistent with workout pace times and balance between the two groups. In rare cases we can look at an exception. Please speak to a Coach if you wish a permanent change.
2. Pick your lane based on speed. Getting into a lane that is too fast or too slow will only make you and others frustrated.
  - a. Lanes speeds can vary widely based on the workout and the members in the lane.
  - b. Judge the pace and if it turns out that you picked the wrong lane, don't be afraid to move to a different one. Your teammates and coaches support you!
  - c. Coaches may ask you to change to a different lane. Please respect the decision of the Coach.
3. Know the direction of the lane
  - a. Circle swimming – your lane will either swim in a counter-clockwise circle OR in a clockwise circle.
  - b. Swim to one side of the lane, and return on the other side of the lane, staying off the black centre line. As you approach turns, cautiously ease over the black 'T' from your current direction so you can push off from the wall in your return direction in a straight line.
4. Teamwork in the lane
  - a. Make sure other swimmers know that you are joining them in the lane. This makes it easier for everyone to be aware of what to expect at the end of the lane for turns.
  - b. Work together to decide who will lead and the order of swimmers in the lane.
  - c. Communicating with your lane mates throughout the workout is important to ensure everyone is on the same plan and agreed pace times.
  - d. Be polite and courteous
  - e. Avoid cutting other swimmers off. If someone is 5 seconds from turning, don't push off in front of them.
5. 5 Second Rule (minimum) - 10 seconds is preferred
  - a. Members should respect the 5 second minimum between swimmers (or more if you have room) and keep that distance throughout the set. A 10 second gap is preferred to minimize collisions when turning.

- b. If you are catching up to the swimmer in front of you, adjust your placement in the lane or move to a different one.
  - c. When approaching the wall for a turn, cut over once the person in front has passed you so that you are out of the way for the swimmer coming in behind you.
- 6. Passing another member
  - a. The typical gesture to let someone know you want to pass is to gently touch the toes of the swimmer in front. The swimmer whose toes were touched should pause at the end of the lane to let you pass.
  - b. The preferred way to pass is to wait until the rest interval and change your place in the line of swimmers (or change lanes if applicable).
  - c. Avoid passing in the middle of the lane as it can be dangerous for oncoming swimmers and can create confusion.
- 7. Don't hog the wall
  - a. When you come to the wall, stop, and move out of the way for other swimmers to finish.
- 8. Start and End of Practices
  - a. Remember to respect the pool time for the later swim group. The earlier session may start a few minutes late due to the transition between programs, but that still means it ends on time. Sometimes you get the full 60 minutes, while other times you lose a few minutes.
  - b. It is appreciated by coaches and fellow swimmers that you arrive on time. Should you be late, begin your swim at the point in the practice that your lane is at.
- 9. Communication
  - a. If in doubt, use common sense and talk to your lane mates and Coach. We are here to have fun, get a good workout, and learn a few new tricks.
- 10. Be Respectful
  - a. When the coach is talking to the group, keep noise to a minimum so all can hear.