

## POOL SWIMMING ETIQUETTE

### 1. Swimwear

Please remove any unnecessary jewellery prior to entering the pool area.

### 2. Follow the signs

lane direction signs are posted at the shallow end of the pool, please ensure you swim in this direction, this stops swimmers arms colliding.

### 3. Select your lane

Have a look at those already in the pool and try and judge which lane to go in by comparing your speed to theirs. If in doubt just ask one of the coaches.

### 4. Giving space

If a swimmer is faster than you, make sure you don't start another lap just as he/she is coming up behind you. If you start about 5 seconds behind a faster swimmer, you will probably never run into each other during your workout.

If you're at a comparable pace with your lane mates, make sure there is plenty of space between everyone, a minimum of 5secs is a good guide. If you do this correctly, you will barely even notice anyone in your lane.

### 5. Passing

If a faster swimmer is coming up on you and touches your feet, that's an indication that they want to pass. Swim to the next wall, then stop and let them go ahead of you.

### 6. Resting

Move towards the corners of the lane to allow those still swimming to pass unimpeded.

### 7. Technology

With the growing popularity of technology many swimmers/triathletes are wearing sports watches such as Garmins which they can be dangerous if a collision occurs. It is suggested that they are worn on the arm closest to the lane rope/wall i.e. if you are swimming in a clockwise direction the device should be on your left arm. This minimizes the risk of injury should a collision occur.

