



Lane Etiquette for Club Swimmers

Train Smart. Swim Safe. Support Your Squad.

When you're part of a swim club, you're not just swimming for yourself — you're training with a team. Good lane etiquette helps everyone stay safe, swim better, and get the most out of each practice. These habits apply to everyone in the water.

Why Lane Etiquette Matters

- It helps everyone stay safe and avoid collisions.
- It keeps the practice flowing and makes sets more effective.
- It shows respect for your teammates and your coach.
- It builds a stronger, more focused, and more supportive team.

The 10 Golden Rules of Lane Etiquette

1. Know Your Place in the Lane

Line up by speed: fastest at the front, slower swimmers toward the back — unless the coach says otherwise. This can change depending on the stroke, the type of set, or how you're feeling that day.

2. Leave Space

Always leave at least 5 seconds behind the swimmer in front. This gives everyone room to swim properly and helps avoid crowding.

3. Respect Passing

If someone taps your foot gently, they're asking to pass. Let them go ahead at the next wall by moving to one side. Don't sprint to avoid being passed — it's training, not racing.

4. Stay Clear at the Wall

Turn in the center of the wall. If you're resting, move to the corner so others can turn without interruption. Don't block the wall — someone is always coming in behind you.

5. Don't Push Off in Front of Someone

Wait a few seconds if someone is coming in to finish a length. Jumping in or pushing off too soon can cause crashes and disrupt the set.

6. Be Aware

Pay attention to your surroundings — who's in your lane, what the set is, and what stroke or drill you're doing. Listen carefully to your coach and follow instructions.



7. Be a Team Player

Help organize the lane if someone's confused. Say quick, respectful things like "You can go ahead" or "Switch spots for this one?" Everyone has good and bad days — support each other.

8. Your Spot Might Change

You might be faster at kicking than at breaststroke — that's normal! Move forward for the sets where you're strongest, and back for the ones where you're still learning. It's not about status — it's about what works best for the lane.

9. Training Is Not a Competition

You're not racing your teammates during regular sets. The goal is to improve your technique, pace, and endurance — not to prove you're the fastest. Swimming at the front doesn't make you the best. Training smart does.

10. Always Finish at the Wall

Every rep, every set — finish right at the wall, not a few strokes short. It builds muscle memory for racing and helps you develop a strong finish. After finishing, move to the side quickly so your teammates behind you can also finish properly. Don't stop in the middle of the lane — respect the end of the set for everyone.

Quick Reminders

- Be ready to swim on time with all your gear (cap, goggles, fins, etc.).
- Keep your equipment out of the way when not in use.
- Focus during sets — save the chatting and play for before or after practice.
- Always finish your lengths at the wall — every time.
- If you're not sure, ask your coach or lane mates.

Final Word: Be the Swimmer Everyone Wants in Their Lane

Good lane etiquette shows maturity, teamwork, and commitment to the sport. When you follow these habits, you make practice better for yourself and everyone else.

Train smart. Be respectful. Swim like a team.