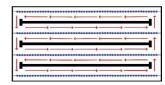# BWFSC - LANE ETIQUETTE

Our Swimmer Code of Conduct states:

General Behaviour

1. Treat all members of the club with due respect including your fellow swimmers, Coaches and Officials.
2. Treat all competitors and representatives from competing clubs with due respect.
3. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in Disciplinary action against you, and you being banned from club or squad.

Swimming training

1. Arrive in good time to stretch, 15 - 20 minutes before start time.
2. Have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
3. Use the lavatory before training begins. Inform the coach if you need to leave the pool during training.
4. Listen to what your coach is telling you.
5. Always swim to the wall as you do in a race, and practice turns as instructed.
6. Do not stop and stand in the lane, you may get injured.
7. Do not pull on the ropes as this may injure other swimmers.
8. Do not skip lengths or sets as you are only cheating yourself.
9. Think about what you are doing during training.
10. Do not pull on the legs of swimmers in front of you as this may injure other swimmers.

In addition to this please remember:
- Different swimmers are faster at different strokes and it is OK for someone to be ahead of you in training. This may change during the session and throughout the season. Your lane position is flexible.
- Know your best strokes and times and know the swimmers around you. Challenge yourself.
- It is OK for someone to pass you, we all have good and bad training days and different abilities.
- You must leave adequate space so that you do not swim on top of the swimmer in front of you.
- Everyone deserves the chance to try their best and to have the lane space to do so.
- It is NOT OK to make negative comments about a swimmer.
- It is NOT OK to prevent them from going ahead of you if they have been catching you up.
- Everyone must have a go at finding their natural speed and training patterns.

Only your coach is responsible for the starting speed (lane) order and you must abide by these simple…

Lane etiquette hints:

- Listen when the coach is speaking.
- Respect the start lane order your coach has set up.
- Leave correct intervals between yourself and the swimmer in front. This is generally 5 seconds off the pace clock, unless instructed otherwise by the coach.
- When turning, swim across the lane, then turn. You will then come out on the correct side of the lane for you to carry on swimming without clashing with the swimmers behind.
- To overtake the swimmer in front – tap the foot (DO NOT PULL)
- At the end of the lane, if you have been tapped gently on your foot let the swimmer behind pass. Then leave a 5 second gap before setting off again.
- Swim in the direction as instructed by the coach, and stay on the correct side of the lane.
- Kicking, pulling, scratching of any swimmer whilst attempting to pass them WILL NOT be tolerated. If this rule is not observed, the coach will have the right to ask you to sit out or leave poolside.
- At the end of your swim, move to the side at the end of the lane to allow other swimmers to finish on the wall.
- Do not comment on a swimmers technique or position in the lane - positions are flexible depending on the stroke and set. Your Coach has the only say about lane order.
- If you have any problems with other swimmers whilst at the pool, please speak to your coach.
- Remember, that training is the key to improving your swimming technique and stamina, this is achieved by concentrating and listening to your coach at all times.
- Training is not for you to hinder or prevent anyone else from challenging themselves. You are not racing but challenging and supporting each other.
- Remember ultimately you are a team, The Gators, and we all want to be successful together!
- These recommendations are in place to ensure the safety of all swimmers.

To ensure the Gators can continue to run in the manner that it always has, we ask you to read and take note of all of the above. *Thank you.*