

City of Wakefield Swimming Club

Lane Etiquette & Expectations

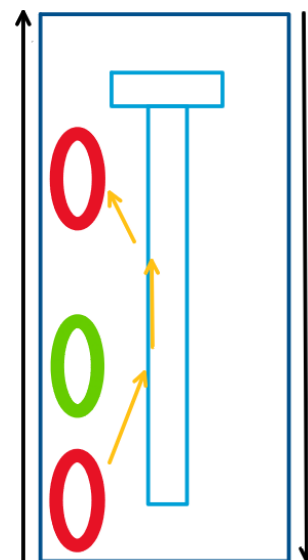
All athletes are expected to always comply with the following

Lane Organisation and Intervals

- Be always respectful - Listen to your coach and always follow the coach's instructions.
- As far as is reasonably possible, swim in order of speed, with the fastest* leading the lane:
 - *This will change depending on stroke and/or distance of the set. Coaches will use race, test set and/or training data to determine your lane and position in the lane, so ensure your race times are an accurate representation of your training. For shorter sets, lane organisation will be the responsibility of the athletes; if you know someone is faster than you in a particular stroke/distance, let them go in front prior to the set commencing. If swimmers are bunched up behind you, be prepared for swimmers to overtake at the earliest opportunity. If repetitions are 50m or less, be proactive and drop positions after the rep.
- To minimise the number of collisions, make sure you start / dive at five second intervals (unless the coach instructs you to use a different interval). Use the pace clock to assist you with this. Refrain from set off immediately after the person in front of you.
- Lanes are selected by coaches relative to your speed, not where your friends are, do not change lanes unless instructed to do so.
- If you have just moved up a squad or you are asked to move into a higher lane, please start at the back of your newly allocated lane unless instructed otherwise by the coach.

Overtaking and position swapping

- If you wish to overtake the athlete in-front, do so by checking an overtake isn't happening in the oncoming direction and then slowly moving across onto the black line in the middle of the lane. Once you have passed the swimmer you are overtaking, move back towards the lane rope. Overtaking is often safest going into a turn whilst the swimmer pushing off and coming the other way is in their underwater phase. If the person you are trying to overtake is making it difficult to overtake by swimming in the middle of the lane, speak to the coach at the earliest opportunity.
- If somebody taps you on the foot do not respond or react, continue swimming as normal. It is the athlete behinds' responsibility to overtake you, not to interfere with your swimming. Remain in this position until the end of the set, don't return to your starting position after the repetition (unless the opportunity to overtake arises in future reps).
- If you are within a body length of the swimmer at the end of a rep, ask politely to go in front (if there is enough time). This isn't the type of overtaking the coach will get involved with though.





General Expectations

- It is the responsibility of all swimmers to understand the sets, which part you are up to, and ensuring you are getting the right amount of rest. Taking responsibility has a strong correlation to higher performance at competitions, don't count the laps, make the laps count!
- Make sure starts are carried out with the correct push off and underwater. If its backstroke, you push off on your back and a transition kick on underwater should be evident (minimum).
- It is the responsibility of everyone to ensure each swimmer in the lane finishes at the wall, every rep. If someone is blocking the wall, push through and get a hand on it – they'll give you space on the next one! If the issue persists, speak to the coach.
- Tempting as it may be, do not walk at the shallow end of the pool, you are here to swim.
- Swimming fly – try and avoid single arm when someone else is swimming in the opposite direction. 5 second gaps should mean clashes of arms are rare.
- Swim the set as specified by the coach; only swim a different stroke if specifically agreed with the coach in advance, for example, due to injury.
- Respect your teammates; remember that we are a team with the same objective – to win. Try and be supportive of your teammates at both training and competition. If difficulties arise, speak to your coach.
- Always be honest with your level of effort, the more you put in the more you get out.

***FAILURE TO COMPLY WITH THE LANE ETIQUETTE EXPECTATIONS IS A BREACH OF THE CLUBS' CODE OF CONDUCT
AND DISAPLIANRY ACTION MAY BE TAKEN***