



## **Thame Swimming Club Lane Etiquette**

### **Rules of the pool**

Thame Swim Club aims to provide a fair and enjoyable environment for all its swimmers. Everyone is responsible for conducting themselves in accordance with lane etiquette. Please read and follow them so we can make our club a fun, respectful and safe place to be. They form part of our Club's Code of Conduct and represent some of our core values too!

### **Respect**

- Always listen to the coach, be polite, considerate and quiet when they are speaking. Apply their tips – they help!
- The swimmer behind is not allowed to swim over the top of you. To overtake, tap the feet of the swimmer in front of you, they then must wait at the end of the lane for you to turn and continue, before they swim. Be aware of other swimmers around you so you can help maintain the right order of speeds in your lane. Remember you won't be the fastest or slowest at all strokes or in all drills.
- Leave enough space before the swimmer in front before you start to swim down your lane. Wait at least 5 seconds before you push off.
- If the swimmer behind is faster, don't push off in front of them. Always let the faster swimmers go in front.
- Push off from the wall and don't tail gate/draft.
- Don't start a few meters down the pool
- Do not touch other people's equipment. Treat the pool, equipment and premises with respect.

### **Care**

- If you have a niggle or injury, inform the coach immediately and tell them what you will find possible (different stroke, kick, etc.).
- Please inform your coach immediately if you have any issues with anxiety or stress,
- Always go to the toilet before the training session starts. However, I do speak to the coach about a toilet break during training. They will make sure there is an opportunity for you to go during the sets. Please do not all go to the toilets in large groups, there are limited facilities for this

## Practice Perfect

- Turn up at 10 mins before the start, so you can run through a full mobility routine
- Arrive with correct and fully working kit to competitions and training, well fitting goggles and fins are a must.
- Apply correct pre-session nutrition and during the session. Arrive with a full water bottle and think about adding squash to water.
- It is your responsibility to read the board and be clear of the set. If help is needed, the coach always reads out the set so you can understand what to do and the objectives
- Practice correct streamlining, underwater phases and turns ALL the time. There are few excuses for missing tumble turns.\*
- Finish your swim at the wall with strong and fast finishes, and let others do the same. Move aside at the wall to let the incoming swimmer have a strong finish. If you finish before the wall, you'll prevent your team mates from practising finishes,
- Even with the coach providing going/recovery times and finish times, swimmers need to use the clock\*\* where they can see it, to know when to go and the times they are swimming. Keep track of your laps, don't rely on the swimmer in front of you.
- If you are leading a lane, encourage your team mates, set a good example and get all swimmers involved in keeping track.
- Remember: Give it your all, all the time! Whether that's focusing on technique or going slowly, or going fast.
- The coach may need to move swimmers into appropriate positions lanes for the set or session depending on factors such as health & safety, number of swimmers and so on.
- And finally..... a quote:

*"If you have a dream, chase it. As the dream won't chase you back".*

\*/\*\* TSC understands that swimmers in the younger groups will still be learning skills but please speak to your coach if you need more information on expectations.