

LANE ETIQUETTE

Whether you are a newbie or a veteran to Master swim practices, here are some reminders about lane etiquette to keep the practice atmosphere fun, motivating, and safe. Please take a moment to review some accepted norms that will keep your workouts enjoyable for you and your lane mates:

- **Feeling unwell?** The COVID pandemic days with social distancing and isolation are over. However, common sense about not attending practice when you are sick is not. Please do not attend if you are not feeling unwell.
- **Choose a lane according to your speed** - Lanes are set up based on speed. Some lanes are faster paces and others are slower paces. Significant differences in speed/ability in one lane is disruptive to the entire group. Ask the coach on deck if you are unsure which lane is best for you.
- **Swim pattern** - If there are only two swimmers in a lane, you can agree to swim side by side. Three or more swimmers require circle swimming in the counterclockwise direction.
- **Joining/rejoining a workout already in progress** - If you arrive late or take a break while a set is in progress, enter as the last person so you do not disrupt the flow and interval spacing of your lane mates. Adjust your lane position when reasonable.
- **Lane position spacing** - Leave five seconds apart and not on the heels of the swimmer in front of you. Communicate with your lane mates before the set begins about who is 1st, 2nd, 3rd, etc.
- **Passing** - To pass a slower swimmer, it is universally accepted to tap the foot once gently. If safe, the faster swimmer can move to the left side of the slower swimmer to pass. However, if the lane is crowded, allow the passing to occur at the next wall to reduce the risk of head collisions and arm battery.
- **Stopping** - If you need to take a breather, move to the corner of the lane at the wall.
- **Wall finishes** - There may be several swimmers in your lane and only so much wall space available for each swimmer to finish. Once you finish at the wall, move to the left side and line up in the middle of the lane so all swimmers may finish at the wall.
- **Turning** - Cross the T on the bottom of the pool to make your turns in the middle so you don't push off into oncoming swimmers.
- **Equipment awareness** - Using gear is encouraged and helpful. But equipment also increases the risk of injury to others if swimmers are not in control of their equipment. For example, be careful with hand paddles especially when passing. Retrieve lost equipment in the lane as quickly as possible. Gear also changes a swimmer's speed. Readjust lane positions when some or all lane mates put on equipment.
- **Follow the leader/group** - Don't jump into a lane and swim your own thing or your own version of the set without considering what your lane as a group is swimming. This includes our standard 400 easy warmup at the beginning of each practice. Adjustments can be made as long as the lane mates agree, and it is not disruptive.
- **Introductions** - Introduce yourself to each other, communicate, and work together to have a great workout in your lane.

BE AWARE. BE COURTEOUS. BE COMMUNICATIVE!

