

Perth City Pool Etiquette (or how to get on with your lane mates and prevent lane rage!)

To ensure our training sessions are safe, rewarding, consistent and fun, at Perth City Swim Club our swimmers observe the following guidelines. It's just how we do things at training.



1. **Check the lane is clear...**

Never dive into the pool unless your lane is clear and you are at the deep end.

2. **Let everyone finish or turn on the wall - Stand to the side of the lane...**

If you've finished your set, skipping a lap, chatting to another swimmer about their goggle trauma or topping up with fluids – stand to the side to allow others to finish the set or turn on the wall.

So finish on the wall. Not at 47m. Not at 30m and causing a mid lane pile up. Get to 50m and move to the side.

Oh yes, and until we can master a left-hand turn, we swim on the left, clockwise.

3. **Work out a pecking order and LEAVE 5 (or 10) SECONDS APART!** (Yes, I am shouting!)

Fastest to the slowest and leave a 5 second gap between each swimmer.

If you keep catching the swimmer in front, exchange places (and phone numbers if you're feeling friendly) or leave 10 seconds apart.

Often the coach will ask you to swim 10 seconds apart. This will help you improve your swimming as you will not get a free ride drafting off the swimmer in front. Also it makes turning easier! Talking of which...



4. **Turning – aim to hit the wall to the right of centre and push off on the right (now left!) side of the lane.**

At Perth College our lanes are narrow. At most pools you would aim to turn in the middle but at Perth College if you are leading the lane, or have space between you and the swimmer in front, try to turn on the right or just to the right of centre. When you push off you should then be travelling on the left side of the lane.

If you are turning in the shallow end and someone is standing in front of your turning spot, before you embed your feet in their stomach, politely refer them to point 2.

5. **Can you see the clock? Do you know when you're starting?**

We have a clock at each end of the pool that, hopefully, are in synch.

Get to know them and get in the habit of working out your start time as sometimes the lane leader maybe you!

If you can't see the clock ask a lane buddy to count you down.

Knowing when to swim makes for a smooth swim session.

Knowing what you are swimming is a great way to measure your own performance.

And what gets measured can be improved!



6. **To overtake during a long set, tap the toes of the swimmer in front, look ahead, if safe to pass then speed up to overtake quickly. Leave a gap before cutting back in.**

Only tap once or it could really annoy them (see point 3 above).

If your toes are tapped, slow slightly and swim close to the lane rope to let them pass or better still, wait on the left at the wall until they have turned.

Never swim on top of them or race them whilst overtaking. You may accidentally be punched in the head.

7. **Mark your own pool kit and keep it neat at the end of the pool.**

To prevent your gear ending up in the cage (or adding to my growing collection of hand paddles) put your name, initials, phone number or special symbol on it. Preferably in black marker pen, and try to keep it together during the set.



8. **Drills and Technique sets are meant to be done s-l-o-w-l-y.**

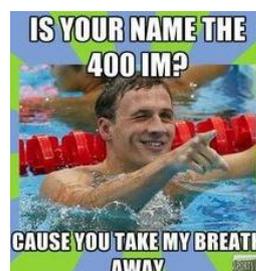
Don't feel pressured (or pressure others) into racing through a drill set. Aim to do them to the best of your ability. If you know you are faster or slower at a particular drill than others in your lane, change the swimming order.

9. **Swim close to the lane rope but try to keep your arms within your lane.**

Make sure the black line is well to your right. If you constantly hit the lane rope or clout a child prodigy doing butterfly in the next lane ask the coach for drill, such as finger trails, to correct your wide arm swing.

10. **When doing form strokes watch out for others and modify if necessary.**

Especially for butterfly and breaststroke when you may find arms and legs everywhere e.g. single arm fly, breast with fly dolphin kick. Also be aware that when doing backstroke it is easy to grope your neighbours. (If they are friendly neighbours see point 3 for your next step).



11. **Help to avoid the "c" word and bring some drink.**

Although it is believed cramp occurs because of many things – lack of muscle condition, inadequate stretching, lack of magnesium, lack of bananas (how many chimpanzees do you know that get cramp?) generally the possibility of cramp can be reduced if you are hydrated.

Bring a plastic bottle (no glass allowed on pool deck) of water, sports drink, cordial... and keep it at the end of the lane.

Make sure it's clearly identified as yours – drink trauma can be as alarming as goggle trauma.

12. **Masters Swimming motto is Fitness Friendship & Fun – so be all three.**

Be nice to your fellow swimmers. You may have had a tough day at the office, with the kids or with the kids at the office but use pool time to de-stress and recharge your batteries, not a time to get grumpy with a fellow swimmer. If there's an issue in the pool and etiquette isn't being observed as it should, diplomatically address it with your swimming buddy or let the coach know. We are all here for many different reasons but we all want to enjoy our training time and have a positive feeling of accomplishment afterwards.



13. **Respect Your Volunteer Coach**

All our coaches are volunteers. They have given up their time and their swimming session to coach the rest of us. Yes, by all means have a laugh with your coach but give them respect.

Listen to what they are saying and follow instructions or if necessary, adapt the program to suit you.

A "thank you" is a great way to acknowledge the work the coach has put in to give you a challenging and educational session.

And finally, another word from my mate Ryan...

