

## Lane Etiquette

- Swimmers are allocated to training lanes by the coaches – accept their decisions and train accordingly
  - Remain conscious of where your team mates are in the lane
- When coming in to turn you must cut across the lane before making your turn and push off straight – do not turn and then push off at an angle as this is dangerous for the swimmer behind you.
- Do not try to overtake someone on the outside between the flags and the wall or within the flags and the lane end - you risk turning on top of each other
- Do not give way or stop for a faster swimmer – however be considerate to allow a faster swimmer to pass safely
- Faster swimmers must realise that slower swimmers are trying just as hard as they are and their set is no less important.
  - Pulling feet and swimming “over” other swimmers is forbidden
- One touch ONLY to the foot of the swimmer in front on the side that you are passing can be helpful
- Do not swim on another swimmers feet – this is annoying and disrespectful to that swimmer
- Do not swim in the middle of the lane – this is the area to be used for passing and is also the extra space needed for the extra inches of the arms and legs of breaststrokers and flyers.
- Remember to move to the lane edge when you complete a swim to allow other swimmers behind you to turn or finish correctly and safely.