



LANE ETIQUETTE

1. **Pool entry:** You must enter the pool feet first. This is for everyone's safety. Second, wait for a gap between swimmers already in your lane before entering and pushing off.
2. **Circle swim:** Stay to the right in the lane. Unless a coach instructs otherwise, we should always be swimming on the right-side of the lane (counter clock-wise) during all of our practices.
3. **Flip turns:** It is best to swim towards the middle of the wall to perform your flip turn (or open turn). This allows you to push off on the correct side of the lane to avoid running into the incoming swimmer behind you.
4. **Waiting on the wall:** Don't be a wall hog. Move to the side of the lane to allow incoming swimmers the ability to finish all the way into the wall. This is especially the case with the incoming swimmer swimming backstroke. We don't want any preventable collisions.
5. **Passing:** If a faster swimmer is catching up to you, they will tap you on the foot once or twice to signal they want to pass you at the next wall. Keep swimming until you get to the wall, but stay to the right side of the lane so they can pass you during their turn.
6. **Spacing:** Don't leave the wall early (or late). Wait 5 seconds after the swimmer in front of you pushes off before you go.
7. **Following the Workout:** Please follow the workout as written or otherwise communicated to your lane. If you need to alter the workout for any reason (injuries, etc), please discuss with the coach beforehand.
8. **Late Arrivals:** Discuss the workout set with the coach and/or the swimmers in your lane before proceeding. You may not always have the ability to "catch up" with what you missed. The coach may alter how you swim a set to provide an adequate warm-up.