



Lane Etiquette

For daily swim practices, due to pool space concerns, swim teams usually require more than one to two people per lane. In a 25 yard pool (SCY – Short Course Yards), you can comfortably put 5-6 people in a lane if they are all swimming the same workout. Like most sports, common sense rules have developed to allow everyone to swim efficiently and effectively while sharing lane space. Listed below are some basic lane etiquette guidelines:

THINK - Use common sense. If other people are in the pool with you, be aware of them at all times. You are not the only person swimming. With 5 people in a lane in a 25 yard pool each person has about 10 yards of water to swim in. There is plenty of room.

PACE CLOCK - Leave your triathlon watch at home. Use the pace clock. It is what the coach is basing the workouts on and it will coordinate everyone in the pool to make sure practices run smoothly. If you learn how to read a pace clock, you can get a wide range of information from it. It can tell you how many laps you've done to whether or not the change in your stroke is helping or hurting your efficiency.

CIRCLE SWIMMING – Most practices are set up to share the lanes and the swimmers are intended to circle swim in the lanes. In most pools that means that the lane line will always be on your right shoulder when circle swimming. If there are any doubts make sure that you get the attention of everyone in the lane before you get in to let them know that you will be circle swimming.

PASSING – If a swimmer wants to pass another swimmer during a set, the passing swimmer should touch the swimmer ahead of them on the ankle or foot to indicate that they wish to pass. The swimmer being passed should then stop at the next wall and immediately go to the closest corner. Then the swimmer being passed should wait and make sure it is ok to continue swimming. They should not immediately jump back into the set without looking who might be swimming into the wall. Again, use common sense, think and be aware of the other people in your lane. If you don't wish to pass the person in front of you, don't swim on their feet. Maintain your pace and distance during a set.

LANE LEADER – This is the fastest person in the lane for the set. You have a responsibility to count accurately, know the workout in terms of repeats, distances and intervals and make sure the workout goes smoothly. If you don't understand the set or intervals or can't read the pace clock, ask the coach to teach you how to do it.



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THE WALL – When you come into the wall at the completion of a set or are resting between repeats always go to the far corner of the lane. Leave the middle of the lane open and give the swimmer behind you space to finish. Be courteous to others in your lane.