

AUSSI MASTERS SWIMMING WA INC

LAP SWIMMING - ETIQUETTE AND SAFETY

As swimming is becoming more and more popular amongst adults as a fitness activity and a recreational pastime, pool space for everyone is becoming more difficult to find. With a few simple rules that are adhered to by all swimmers, whether they are part of a group, an individual or a fast or slow swimmer, each person should be able to swim safely, efficiently and with a minimum of fuss.

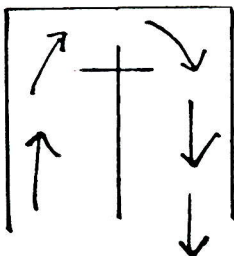
RULES OF LAP SWIMMING

1. Select your lane correctly

Most pools now have a graded lane system - i.e. slow lanes, fast lanes. This does not necessarily mean you are fast or slow all the time. If you do a slower stroke - e.g. breaststroke - then you should swim in the lane closest to your speed. Likewise if you are warming up or cooling down you may need to re-assess your lane.

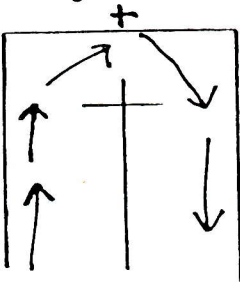
2. Swim in the Direction Indicated

Most pools also have arrows indicating the direction to follow. If this is not the case, the general rule is to swim on the left hand side of the black line and close to the lane rope, if present, e.g. -



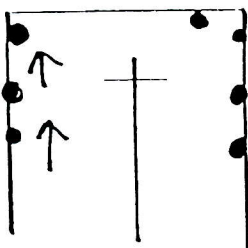
3. Turning

When turning, look to see if anyone is close on your heels (backward glance when breathing), and when 2 - 3 metres (or sometimes a cross or "T" on the bottom) away from the end cross to the centre of the lane on a 45 degree angle. Push off on that angle to the left side of the lane, e.g. -



4. Stopping at the end

If you are going to stop at the end, go to the left hand or right hand corner of the lane. Do not hang off the end and obstruct oncoming swimmers. If there is insufficient space then line up along the lane rope, e.g. -



5. Pushing Off

Look before you push off, leave at least 5 metres between you and the swimmer in front and the swimmer coming in to turn. If the swimmer coming in to turn is faster, then you wait.

6. Right of Way

The faster swimmer always has right of way. Whether at the turn or during a lap, pull to the side and let them pass. Do not speed up or attempt to race them. This will cause serious injury and confusion.

7. Regulate your Speed

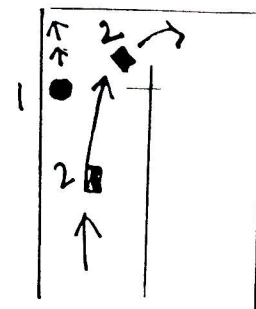
Keep your pace even, don't attempt to pass unless you are sure you can keep up the faster pace.

8. Overtaking

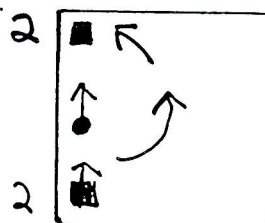
a. Try to do this at the turn.

b. Indicate to the swimmer in front you wish to overtake 5 metres from the wall, by a gentle touch to one foot. One touch should be enough.

c. At the turn, the first swimmer pulls over to the left to allow swimmer 2 to turn.



- d. In the lap:
- i) look before you pull out to the right of the swimmer, try not to go over the middle line of the pool,
 - ii) make sure you have the speed and distance to get past safely,
 - iii) once past the swimmer, ease back into the left of the lane. Make sure you don't cut them off, or kick water in their face.



e. If a swimmer in front fails to respond to you, a last resort is to cross over into the opposite direction side of the lane.

This can be potentially very dangerous, and takes a lot of skill, agility and good judgement to be done well. It should only be done when the way ahead is completely clear - i.e. no one is coming in the opposite direction, you will not hinder those behind you, and you have enough speed to get to the end wall, turn and push off in front of the slower swimmer without conflict.

9. Improve Your Style

Try to improve your style so that you do not over extend into the other half of the lane or into other people's space. Get someone to check your stroke to see how streamlined you are.

10. Know the Rules of Your Pool

11. Enjoy Your Swim

Make it safe and get the most out of it by having a little consideration for other swimmers.