



# Bury Elton Amateur Swimming Club



## SWIM IN ORDER OF SPEED

Fastest first; slowest last (this may change depending on stroke and/or distance). Please constantly check your position in the lane. If swimmers are bunched up behind you, be prepared to drop back.

## CHANGE LANES IF NECESSARY

Whenever asked to do so by the coach. Swimmers are put into lanes according to speed.

## OVERTAKING

If you want to overtake, tap the swimmer in front on the foot. At the end of the lane they will wait for you to swim past. But make your intention clear.

## 5 SECONDS BETWEEN SWIMMERS

Leave at least 5 seconds between swimmers, 10 seconds if the lane is not too crowded. Leave 3 seconds only where specifically requested by the coach.

## HAVING A REST

If you stop at the end of the lane, wait for a large enough space to continue. If you need an extended rest or to fix goggles please exit the pool. Do not stop in shallow end.

## SWIMMING STROKE

Swim the set specified by the coach and don't swim a different stroke to everyone else (unless set by the coach). Swimming fly also be aware of people coming the other way.

## NEW SWIMMERS

If you are new to club swimming, please start at the back of your allocated lane – you can always work your way up in time. Remember to listen to advice from more experienced swimmers.

# LANE ETIQUETTE