

## Swimming Safety & Lane Etiquette Guidelines

- Due to constraints on pool time, pool size and even lane width, swimmers are quite often forced to swim in heavily populated lanes. This increases the possibility of accident or incident.
- Swimming in lanes requires organisation, discipline, a high degree of awareness and common sense. If any of these are lacking then the risk of accident/incident is greatly increased. Please read the guidelines below and adopt them whenever swimming in a lane environment.
- Always be **aware** of where other swimmers in the lane are. **Common sense** is vital at all times.
- This can be difficult when training hard and under pressure, nevertheless safety must always take top priority.
- Please remember that people are there for different reasons. Please ensure that good lane safety and etiquette prevails at all times to allow a safe and enjoyable session for all.
- To maximize the benefit of the club swim session, the idea of a group coached training session is to train as a group, and to try to stay as a group as much as possible. This also allows the coach, to coach more effectively.

### **TriClub Doha at QF 50m pool we have:**

**1 x Slow Lane** – Rented by TriClub Doha

**1 x Fast Lane** – Rented by TriClub Doha

**QF Lanes** – For QF staff who are also TriClub Doha members are entitled to swim in the free lanes (normally 4 available), therefore it is proposed in order to maximise pool space available and to make more comfortable swimming, all those who are QF to occupy the lane next to the rented lane, and swim as a group.

- Please ask the coach for advise of which lane would be suitable for you. Some weeks depending on who is in attendance you may switch between lanes.
- If you arrive early, please do a pre-pool warm up and then start the session promptly with everyone else. Please do not get in early and start the session and carry on doing your own thing.
- If you arrive late, you will have to forfeit the parts you have missed and join in with the group, with wherever they are up to with the session.
- Seed yourself within the lane according to your speed and ability.

- Adhere to the lane swimming directions. Clockwise or Anti-Clockwise
- Fastest swimmers in the lanes are to lead the group, each person will follow pushing off one after another leaving 5-10 second gap between each other. Please adjust yourself between reps/sets.
- **Do not** push off immediately after another swimmer
- **Do not** push off immediately before another swimmer coming in to turn
- If someone catches you up, keep as close to the lane rope allowing them space to pass down the middle, please do not speed up. Or when upon reaching the end of the lane, please keep to the corner side so they can overtake.
- When catching someone up that you want to pass, please lightly touch them on the foot indicating you are wanting to pass. If you choose to pass down the middle please be aware of any on coming swimmers, and others who may also be overtaking. If it is not safe to pass please wait. Common sense prevails. Do not swim right up on top of their feet, alternatively be patient and wait until the end of the rep/set and politely ask to go in front of them.
- Where possible, if you are struggling to keep up with others in your lane, move down a lane, and if you are too fast for the others please move up a lane.
- Faster swimmers leading the lane, you have responsibility of helping to control the group. Please be patient, use the pace clock, take responsibility for the rest times and making sure the group is ready to go. After reps/sets, where possible allow the group to re-group.
- If you are getting dropped off the back of a group and/or being lapped by the group, take extra rest and join in the back of the line, so you can re-group. Do not go off and start doing your own thing, either change lane or make adjustments to the rep/set so you can stay with the group as much as possible.
- When resting at the end of the lane, please keep to either side of the lane, keeping the middle area clear, this allows for swimmers coming in to safety turn and continue swimming, without causing any accidents.
- Please make allowances for the varying abilities that occur in some lanes. Slower swimmers have as much right as faster swimmers. **Be considerate.**
- **Finally** – Please pay attention to the coach or any pool staff at all times and comply with any instructions you are given. Talk and get to know each other and most of all enjoy your swim training.