



What to do:

- Arrive at the session 15 minutes early in order to warm-up correctly before training.
- Pay attention to pre-training instructions and explanations of the set – it wastes time for both the coaches and the swimmers if instructions need repeating.
- Keep hydrated – have 2 filled water bottles ready for consumption during training.
- Ensure you use the toilet before the session starts.
- Put maximum effort and commitment into your training – set yourself a goal for each session to help you focus on improvement and skill development.
- Be consistent in your training habits – stick to your agreed sessions in order to get the maximum benefit from your training.
- Pay attention to your nutrition – eat the right foods.
- Check the noticeboard on completion of every session for news and information.
- Ensure your email contact address is checked regularly.

What not to do:

- Do not distract other swimmers.
- Do not leave the pool without permission.
- Do not stop during repeats.
- Do not interrupt or argue with the coach.
- Do not depend on parents and others to tell you what to do – take personal responsibility for your training – if you do make a mistake, learn from it and avoid blaming others.

Lane Etiquette:

- Swimmers are allocated to training lanes by the coaches – accept their decisions and train accordingly.
- Remain conscious of where your team mates are in the lane.
- When coming in to turn you must cut across the lane before making your turn and push off straight – do not turn and then push off at an angle as this is dangerous for the swimmer behind you.
- Do not try to overtake someone on the outside between the flags and the wall or within the flags and the lane end - you risk turning on top of each other.



Swimmer Responsibilities

- Do not stop for a faster swimmer – however be considerate to allow a faster swimmer to pass safely.
- Faster swimmers must realise that slower swimmers are trying just as hard as they are and their set is no less important.
- Pulling feet is forbidden.
- One touch ONLY to the foot of the swimmer in front on the side that you are passing can be helpful.
- Do not swim on another swimmers feet – this is annoying and disrespectful to that swimmer.
- Do not swim in the middle of the lane – this is the area to be used for passing and is also the extra space needed for the extra inches of the arms and legs of breaststrokes and flyers.
- Remember to move to the lane edge when you complete a swim to allow other swimmers behind you to turn or finish correctly and safely.