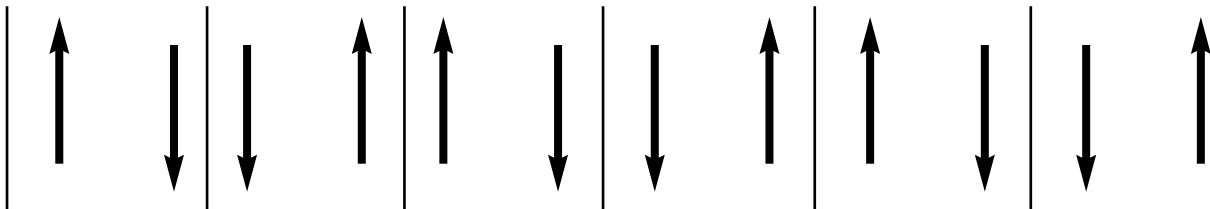




SWIM ETIQUETTE

The following are a set of guidelines to ensure that everybody gets the maximum benefit from the swim sessions posted. They are common sense rules with your's and other swimmer's safety and enjoyment in mind.

- Make yourself aware of the pool's Emergency Action Plan and location of emergency exits, alarms, first aid and assembly points.
- Monday sessions start at 9pm and last one hour, Try to be poolside by 9pm so that we can use the maximum pool time available.
- If you do arrive late, rather than starting the set at the beginning wait for a convenient break, ask where everyone is and join in there. Swim at the back until warmed up.
- Ensure you are swimming in the same direction up and back the lanes as the lane alongside (see diagram):



- Each lane has a goal time for 1500m and where timed swims are included and recovery times specified they are designed to train specific systems in pursuit of the goal times. If you are finding it difficult to achieve the times or need longer rest than specified, be realistic about your current ability and move to a lane which better suits your level. Likewise, if the sets are not challenging you. Speak to the coach if you are uncertain.
- The sets are planned with your improvement in mind. Please try to stick to the distances and times specified. If you have any questions about the sessions or feedback on any aspect of the training speak to the coaching staff.
- If you are struggling to complete a particular set, drop a section of that set – say a 50 or 100 – and then rejoin at a convenient spot. This ensures that everybody is completing each set around the same time, which allows the session to flow and maximum training benefit to follow.
- If you finish a part of a set or stop for any reason, be aware that others may still be swimming and don't crowd the wall preventing others from turning. Stand well to one side.
- Allow a sensible gap between swimmers when starting each part of a set (3-5 secs). There should be no need to be tapping the feet of the swimmer in front. Swimming directly behind another swimmer (drafting) can significantly reduce the training effect of a particular swim.
- All of the sessions are intended to be enjoyable and challenging. The coaching staff are there to help with any questions you may have, enjoy yourself and swim safe.