

SAC Swim Training Sessions - Etiquette

SAC swim training sessions are normally busy (up to 7 swimmers per lane), varied and challenging. The guidelines below are designed to ensure they remain safe, beneficial and enjoyable for all.

Arrival and Warm-Up

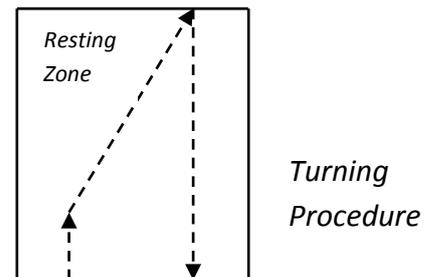
- Please allow all swimmers in the previous session to exit the pool, before going on to poolside.
- Enter the water without delay. Be ready to start on time.
- Warm up as a lane group. Latecomers should join in at the stage their group has reached.
- Be aware of the coach's request to stop, and do so straight away.

Consideration and Respect for Others

- Please show consideration at all times to the staff and other users of the leisure centre.
- Abide by the seeded lane groups. There may be 2-3 variants to suit different types of training set.
- Listen carefully to the coach's briefing, to understand the objectives and structure of the set.
- Try to swim the set as requested, unless prevented from doing so by injury. If you wish to do otherwise, please inform the coach, stay at the back of the lane group, and keep out of the way.
- Do not crowd the swimmer ahead. Allow 4+ strokes before setting off and, except on fast/sprint reps, maintain the same gap (4-5m). If you get too close, back off and focus on technique.
- When finishing, move out of the way quickly, to allow incoming swimmers to complete the length.
- If you take a rest while your lane group is still swimming, stand to the non-turning side of the lane (see diagram).

Turning

- Allow the swimmer ahead plenty of room to turn.
- Approach the end diagonally from 3-4m out, and push off perpendicular to the wall (see diagram).



Pacing and Recovery

- Try to adhere to the specified pace (not too fast/slow) and rest intervals (not too short/long).
- Set off in the most appropriate order for the type of training set provided.
- Lane leaders should remain conscious of slower swimmers behind, and re-group on occasions.
- If you are unable to sustain the specified pace and, as a consequence, are holding up other swimmers behind, sit out for a couple of lengths. Re-join the group, in sequence, when you have recovered sufficiently to continue swimming with an efficient stroke technique.

Overtaking

- NEVER try to overtake during a length.
- Do not overtake whilst doing drills or swimming slow/steady/threshold reps. There is no need.
- During fast/sprint reps, signal first by tapping feet. If tapped, give way at the end of the pool.

Diving

- NEVER dive into the shallow end.
- Dive only under supervision at the deep end.

Swim-Down and Departure

- Please do not continue swimming beyond the allotted time.
- Exit the water without delay, and clear the poolside promptly to make way for the next session.