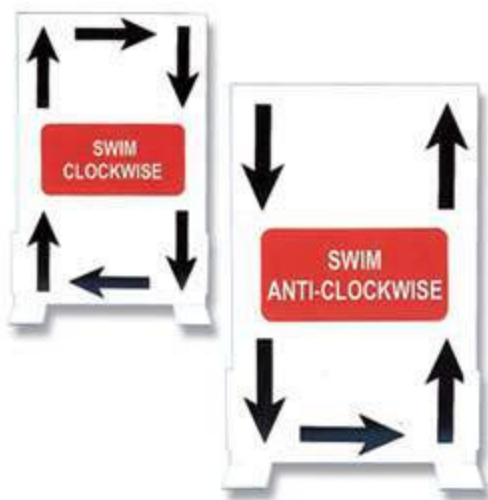


## OXFORD TRI Swimming Lane Etiquette

I know we are all very considerate of each other in the pool. However, it's always worth reminding ourselves of basic Lane Etiquettes to ensure we stay happy and "swim smooth"

There can be up to 6-8 swimmers in a lane. To make the lane "flow" as smooth as possible adhering to a few basic rules can help all swimmers get the most from the session

Swim in the lane directions as prescribed by the coach -



Tap feet to pass. The person whose feet are being tapped moves out of the way to the **corner** at the lane end. There is no need to speed up if you are being passed.

Move to the side of the lane end to allow faster people to pass. Allow them to turn at the **centre** of the lane wall. Allow all faster swimmers behind to pass.

Swimmers resting at lane end should stay as far to the side of the lane as possible.

- Be polite, introduce yourself to others in your lane & communicate
- If you arrive late, join in with where the rest of the lane are in the session, don't start from the beginning
- Do NOT turn or push off in front of faster swimmers. Faster swimmers should allow slower swimmers as much time as possible before starting.
- Tap feet to pass. The person whose feet are being tapped moves out of the way to the corner at the lane end, allow all faster swimmers behind to pass.
- Swimmers resting at lane end should stay as far to the side of the lane as possible.