



SWIMMER ETIQUETTE

The senior swimmers at the club have reviewed our existing Teamship guidelines, they have brainstormed and put together this new set of guidelines which has mostly been written in their own words. We would like everyone to enjoy their time at the club, so we ask that all club swimmers follow these simple etiquette guidelines.

CLUB COMMUNITY

- ❖ Be polite, kind and considerate to every member of the club community.
- ❖ Respect the opinions of the coaches and others within the community.
- ❖ Be nice and never bully or put anyone in a situation where they will feel upset.
- ❖ Do not use verbal or physical abusive behaviour.
- ❖ Encourage and support each other.
- ❖ Be a good role model for each other.
- ❖ Respect the facilities that we use, and swimmer's belongings.

WORKING WITH YOUR COACHES

- ❖ Listen to your coaches, and do not talk when your coach is talking.
- ❖ Do not complain about the set, argue or backchat with your lane coach.
- ❖ Do ask your coaches if you are unsure of what to do.
- ❖ Be honest with your coaches.

TRAINING SESSIONS

- ❖ Arrive on time and put all your best effort into your training, with a positive attitude, dedication, and perseverance.
- ❖ Ensure you always have your equipment for every session.
- ❖ Do your pre-water mobility exercise, if you don't know how, ask a fellow swimmer or your coach.
- ❖ Always consider your own, and the safety of your fellow swimmers.
- ❖ Ask your coach if you need to go to the toilet and only go between sets, try to go before the session.
- ❖ Bring enough drink to training – 1 litre per hour.
- ❖ Eat healthily.

LANE ETIQUETTE

- ❖ Swim at the right pace for the set.
- ❖ Leave appropriate gaps between swimmers when setting off.
- ❖ Do not stand up or walk in the lane.
- ❖ Do not block the lane end when swimmers are trying to turn or finish correctly.
- ❖ Be considerate when overtaking – you may lightly tap the heel to let the swimmer know you are there, but no pulling on ankles! Use front crawl to overtake.
- ❖ If you're being overtaken, stay close to the lane rope or poolside and allow the swimmer to pass.
- ❖ When turning, swim across the lane, then turn. You will then come out on the correct side of the lane for you to carry on swimming without clashing with the swimmers behind.
- ❖ Aim to make your turnaround times.
- ❖ Always work on your technique.
- ❖ Always streamline.

“Be the best you can be and help others be the best they can be”

Visit the club website for more information on healthy eating and recommended training equipment.

www.littlehamptonswimmingclub.com