

# *WIMBLEDON*

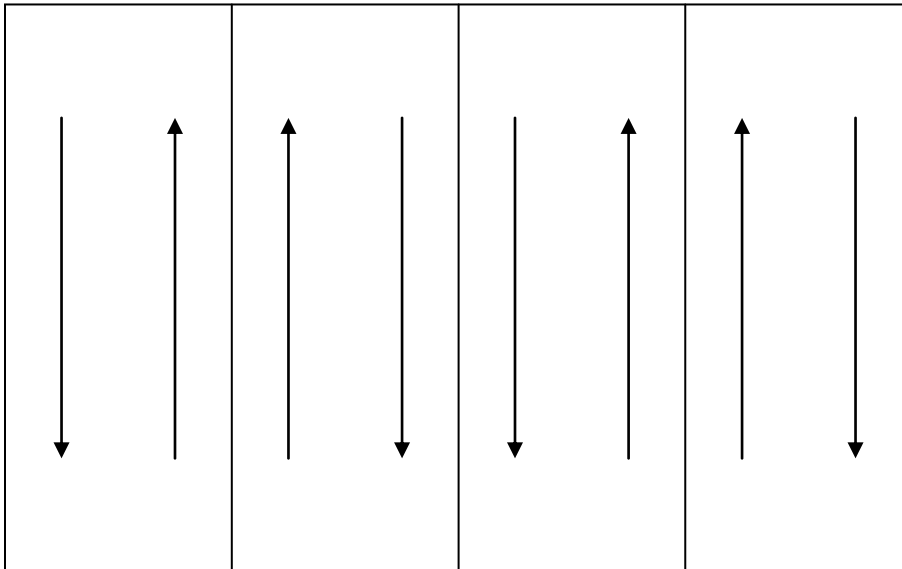
# *WINDMILERS*

UKA & BTF AFFILIATED

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## **Lane étiquette**

1. The direction of swimming in a lane across the pool is anti-clockwise, clockwise, anti-clockwise and clockwise. The reason for this is so that swimmers are not swimming into each other in adjacent lanes.



## Swimming the session

1. If you arrive after the beginning of the session start at the back of the lane and work your way forward. It is up to you to blend into the session, complete your warm up, not for others to delay their session.
2. Do not start the next set until the last swimmer in your lane has finished the previous one.
3. If you decide to take a break during and set, make sure you avoid getting in the way of the other swimmers in your lane.

## Starting each set of the session

4. Always start swimming a new set as a group. Do not allow yourself to get ahead of others in your lane. It just causes grief and confusion.
5. Allow faster swimmers to start ahead of you.

6. Allow a gap between the swimmer in front of you. Try not to swim on the feet of the swimmer in front unless you intend overtaking them. The reason for leaving a gap is so you don't draft of the person in front. You will therefore benefit more from the session.

#### Overtaking

7. Do not swim down the middle of the lane unless you are overtaking. In which case move rapidly over to your own side once the move has been completed. If someone is trying to overtake you in this way, do not speed up.
8. If someone asks to go in front of you let them.
9. If you want to overtake someone during a set then stroke their feet once and wait till the end of the lane. Continually touching the feet of the swimmer in front of you is not likely to be well received.
10. If someone does touch your feet during a lap, then the correct way to allow them to pass is to stop at the wall at the end of the lane and allow the swimmer behind to go through.

#### Finishing a set

11. Don't finish before the end of the lane and then block it for people behind you.
12. When finishing at the end of the lane get out of the way of people behind you and allow them to touch the wall.
13. Do not allow someone doing back stroke to swim into the wall – it really hurts.

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