

Oxford Triathletes

POOL SWIM GUIDELINES

Please bring:

Swimming hat (mandatory), goggles (pretty much essential), water bottle (recommended), session fee (£3) if pay per session - £5 for day members

Before the session starts:

- You are responsible for **registering/checking in** and **paying fee** if applicable
- Notify the coach if you have any **injuries** or **medical conditions**
- **Do not enter** the pool area if it is still in use by the school
- **Lane ropes** need to be put up. If you don't put them up please give a hand taking them down. If members take their turn then the session happens more quickly and it is fairer on everyone

Pool Etiquette

Various conventions have evolved around the world to maintain safety, avoid conflict and make swimming enjoyable and safe. Here are Oxford Tri specific points.

- **Lane designation:** select the right lane for your ability. At the Dragon, lane 6 is the slowest lane progressing to lane 1 which is the fastest. Maximum swimmers per lane is eight
- **Lane direction:** lanes are swum in an elongated circle/lap. To reduce the risk of injury from contact with oncoming swimmers in an adjacent lane, lanes should alternate between clockwise and anticlockwise ie. Lane 1 swims clockwise, lane 2 anticlockwise, lane 3 clockwise and so on
- **Speed:** slow swimmers should give way to faster swimmers. This mainly applies to the longer sets. Ideally lane swimmers should self seed with the faster swimmers going first. Unless the lane is CLEAR ahead, do not pass mid-length. Tap the foot of the person in front of you before passing. The swimmer being overtaken should stop at the turn, and wait for the other swimmer to push off
- A **lane captain** should be elected. Only begin a set when everybody in the lane understands it particularly the drill sets
- **Communicate with** and learn the names of your lane colleagues. Also welcome newcomers and day members
- **Stopping:** If you need to stop do it at the end of the lane and squeeze into the corner so oncoming swimmers have sufficient room to turn
- If you **arrive late** to the session, you must check in with the coach/supervisor and ask what's going on before you get into the water. You may join only as part of the set. Also, notify the coach if you **leave early**
- Try to **push off underwater** as this will reduce water chop and waves in the faces of oncoming swimmers at the lane ends
- Avoid swimming in the **middle of**, and dominating your lane
- Be **aware** and **responsible** to what is going on in your lane. Where are the other swimmers? Am I holding people up? Am I running people over? Is there somebody right behind me as I am coming off the wall?
- Try not to **kick** or **swing** your arms into another lane. To avoid injury to self and others, if you know you are a 'flailer' then work on your technique!
- **Fingernails** and **toenails** should be trimmed. Cuts should have a plaster
- If the **ALARM** or prolonged **WHISTLE** sounds then stop and await instructions
- Read the venue **Risk Assessment** and **Emergency Action Plan**