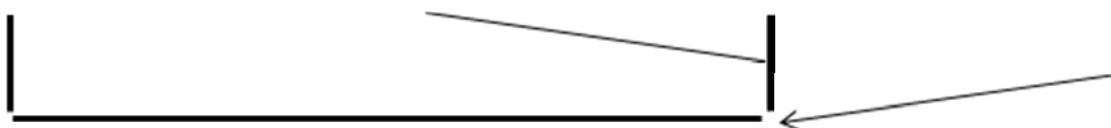


TRAINING ETIQUETTE

Please be mindful of the following points to help make training enjoyable and safe for everyone.

- Please respect the coaches and what they are saying. Even if you are an experienced swimmer, you are never too old to learn or try something different.
- If you have an injury or are not feeling well, inform the coach before you get in the water.
- Have all of your equipment named and ready to go at the end of your lane. This includes a water bottle!
- At the beginning of each set talk to your 'lane' to work out who is leading. It is good to give a few people the chance to lead.
- ALWAYS LEAVE 5 SECONDS APART. No one likes the swimmer behind them swimming on their heels. It also ensures you leave on your correct time on interval sets.
- If you catch up to a slower swimmer (dotted line), tap their feet once so they know you are there, then pick your time to pass (i.e. not when someone is coming the other way). Go around them on the right hand side - not over them. The slower swimmer can help by moving close to the lane rope.
- Turn in the centre of the lane (in line with the middle of the 'T'). Always try to attempt proper turns (i.e. tumble turns) at all times. When a swimmer doesn't tumble turn, the swimmer behind will always catch up. Ask the coaches if you need help with this.



- If you need to pass someone near the wall, tap the slower swimmer's feet so they know you are there. The slower swimmer should move over to the right corner and turn from there. The passing swimmer turns in the middle of the lane.
- Once you've finished your lap, move to the corner of the lane or the lane rope to allow the swimmer behind you to finish their lap all the way to the wall, or to turn.

Feel free to talk to any of the coaches regarding your training.

Train hard and smart!

Mudcrabs Coaches