



Burlington Masters Swim Club Inc.

Group Assignments (A/B):

Members are to stick to their assigned groups (A or B) and not switch back and forth. This is important to be fair to all members to keep things consistent with workout pace times and balance between the two groups. In rare cases we can look at an exception. Please talk to a board member if you would like to discuss it.

Swimming Etiquette

1. Pick your lane based on your speed. Getting into a lane that is too fast or too slow will only make you and others frustrated.
 - a. Judge the pace and don't be afraid to move to a different lane – we support you!
 - b. Lanes speeds can vary widely based on the workout, the members in the lane, and many other factors. If it turns out that you picked the wrong lane, don't be afraid to move to a different one.
2. Know the direction of the lane
 - a. **Circle swimming** – your lane will either be a ***counter-clockwise circle*** – swim down the right side of the lane, complete a flip turn and return on the right side of the lane **OR** your lane will be a ***clockwise circle*** – swim down the left side of the lane, complete a flip turn and return on the left side of the lane
3. Getting in the pool
 - a. Make sure other swimmers know that you are joining them
 - b. This makes it easier for everyone to be aware of what to expect at the end of the lane for turns.
 - c. Avoid cutting other swimmers off. If someone is 5 seconds from turning, don't push off in front of them
4. 5 Second Rule (minimum)
 - a. Members should respect the 5 second minimum between swimmers (or more if you have room) and keep that distance throughout the set
 - b. If you are faster, adjust your placement in the lane or move to a different one

5. Passing another member
 - a. The typical gesture to let someone know you want to pass is to gently touch the toes of the swimmer in front. The swimmer whose toes were touched should pause at the end of the lane to let you pass.
 - b. The preferred way to pass is to wait until the rest interval and change your place in the line of swimmers (or change lanes if applicable).
 - c. Avoid passing in the lane as it can be dangerous for oncoming swimmers and can create confusion
6. Don't hog the wall
 - a. When you come to the wall, stop, and move out of the way for other swimmers to finish
7. Start and End of Practices
 - a. Remember to respect the pool time for the later swim group. The earlier session may start a few minutes late due to the transition between programs, but that still means it ends on time. Sometimes you get the full 60 minutes, while other times you lose a few minutes.
8. Communication
 - a. If in doubt, use common sense and talk to your lane mates. We are here to have fun, get a good workout, and learn a few new tricks.