

Tips and Lane Etiquette for Masters Swimming

- **Work Together!**
Make sure you are swimming in the correct lane according to your ability. Work together so everyone has a good swim.
- **Keep space!** Work out your order in your lane for each set. Set off at least 5 secs apart – if possible 10. DO NOT swim on someone's feet – it is drafting and you get no benefit. The person in front is doing all the work. If you stop during a set, be aware of others when you take off again - do not take off just before /straight after – leave space.
- **Turns:** turn in centre or on **RIGHT** side of lane. When you have stopped or need a rest, keep on the **LEFT** (when facing wall) to keep out of the way of other swimmers! At the end of a set, make sure the people behind you can finish – move to the side.
- If you any **problems/questions** – **just ask**. Remember you know your own limitations and if you feel unable to do something just say. Remember we are Masters Swimmers!

