



WH2O RULES AND SWIMMING ETIQUETTE

In order to make workouts flow more smoothly among participants, WH2O has adopted some universal "Rules of Etiquette," which will help everyone's workouts be the best they can be. If you have any questions, please feel free to ask a coach or fellow swimmer for some clarification.

1. For the consideration of your future lane-mates, we ask that, at least, you can swim 5 x 100 yard freestyle on a 2:00 sendoff (per 100 yards) and have a basic knowledge of all four strokes in order to swim with us.
2. You must be in the pool no later than 10 minutes after the start of practice. The coaches may exercise their discretion with tardy swimmers and not let them swim.
3. Listen carefully to the coaches when they explain a set to your lane. If you don't understand the set, ask for it to be explained again. Either the coach or a lane-mate should be able to help you out. PLEASE do not lead the lane if you are unable to keep track of intervals or the set.
4. The fastest swimmer in the lane leads a particular set, followed by the second fastest, etc. Bear in mind that this order may change from set to set (e.g., pulling vs. kicking vs. different strokes or sprints).
5. In each set, leave 5 seconds after the swimmer in front of you unless the coach gives a different time interval. If you consistently catch the person in front of you, ask to go ahead of him or her. Do not continue swimming at someone's feet as this is very disruptive to the swim pace of the lane.
6. Swim counter-clockwise in the lane, keeping close to the lane-lines. Do not swim down the center of the lane; remember, swimming is not a contact sport.
7. If you find that you are getting too much rest, please consider moving up a lane, and if you find that you are not getting enough rest, please move down a lane. Do not change the intervals unless the coach and all the swimmers in the lane agree.
8. If you are swimming faster than the person in front of you during a distance set, tap that person's feet. That person in front should stop at the next wall and let you pass. Conversely, if someone taps your feet, stop at the next wall and let them pass you. And ALWAYS be aware of where swimmers are swimming in your lane; this will allow you to anticipate when someone is about to pass you. (This may sound difficult, but after a while, you will get the hang of it easily.)
9. Remain close to the lane-line as you approach the wall to turn. When turning, cut to the left after the swimmer in front of you has passed to make your turn, planting your feet as far to the left of the center mark as you can, and pushing off close to the right lane-line. This will make it much easier for the people swimming behind you in the lane to do their turns without you pushing off directly into their path.
10. When finishing a swim (no matter what the distance), stand out of the way at the wall so that those following you in the lane can also finish at the wall and get accurate times for themselves.
11. There is a lane rotation system at the West Hollywood pool which provides for all swimmers to have a turn swimming in one of the wall lanes. Please ask the coach if you aren't sure which lane you should be swimming in, and please don't avoid taking your turn swimming in an outside lane.
12. The coach is the ultimate authority during our workouts. If you have any issues or concerns about the coaching or the workouts, please take it up with that coach or the WH2O Swim Rep after workout or away from the pool.
13. Last, but certainly not least: BE POSITIVE! Encourage the other swimmers in your lane. Cheer them on when the going gets tough. Tell them when they swam well. Let them know you want them to try hard to improve and swim fast. And set an example of that attitude! Have fun!

Please address all questions to WH2O's VP Admin at vpadmin@wh2o.org