

Dear team, here are a few common sense swim traffic rules which will help us better manage our training, especially when water space is limited. You are probably aware of these rules already but we want to make sure that everyone is following the same logic when negotiating swim traffic while ensuring training quality for all.

1. When swimming on the right side of the lane, make sure to move towards the opposite side of the lane before making a turn. This way you will avoid bumping into incoming person behind you while giving them space to turn and overtake you if they are much faster.
2. When you feel someone is trying to overtake you, tuck in towards the lane-rope and slow down for a few strokes to make it easier.
3. When initiating your swim, make sure there is enough space for you to join. Make sure you let a faster swimmer turn before you start your swim! Just be flexible with your rest period +/-5sec to allow a good lane flow.
4. When you need to stop in any place, make sure that other swimmers can swim without interruption around you.
5. When you have finished your swim please pay attention and make space in case someone still needs to make a turn and finish their last 50m.
6. When you are slower than most swimmers in your lane, try to finish your swim with the rest of the group. It is particularly important on swims of 200m and longer. It is ok to shorten your swim by 50-100m depending on the length of the set. You will not be able to swim the same distance as faster swimmers because our session time is limited and the training must flow.
7. Faster swimmer swim first, consider your strengths, are you a sprinter or a diesel engine, you might need to let a different person lead the lane depending on the task.
8. Last but not least! Pay attention to the prescribed pace or effort level and avoid drafting (unless it's part of the training). You will benefit from developing accurate pace control and greatly improve our training efficiency. Inexperienced athletes have a tendency to start too fast, overtake people and then sink after a short distance and fall back. This is an ineffective strategy for racing and very distracting behaviour in a group environment.