

Masters Workout 101

Don't - meaning absolutely do not.

Dive

Use the starting blocks independently

Swim down middle of lane when sharing

Remain stationary in the lane except at the wall

Stand or hold on to the wall in middle of lane when sharing

Grab another swimmer

Push off the wall immediately before or after another swimmer when sharing. No tailgating.

Do your own thing in a lane that is following a prescribed workout or set.

Do - meaning always

Enter the water feet first in a controlled manner

Dive only from the starting blocks when instructed by your coach

Circle swim only moving to the other side at end when sharing lanes

Leave the pool if you are unable to continue swimming

Scoot to the corner of the lane at the end while standing or holding on to the wall

When sharing, tap the swimmers toes in front of you indicating that you wish to pass at the next turn

Allow 5 seconds between swimmers when sharing.