

Pontypool Triathlon & Endurance Club
Pool (Indoor) Swimming Guidelines

Swimmers should arrive on poolside, 5 minutes before the session start time, ready to swim.

Swimmers **MUST** abide by national guidance on COVID19 and should not attend if testing positive or showing symptoms.

Swimmers should inform the Lead Coach of any injuries / issues that could affect your ability to complete the planned session.

No one should enter the pool unless a lifeguard is present and you are invited to do so by the session Coach.

Do not swim outside the Club's contract with the pool owners. Do not get in the pool before time and do not remain in the pool after time. (If you wish to swim outside these parameters and it's appropriate, i.e. a public swim, then pay the appropriate fee to the receptionist).

Swimmers should swim in their designated ability lane as determined by the coaches.

Swimmers are advised to wear close fitting swimsuits, to minimise drag. Save the baggy shorts for the beach.

If you arrive late, find out where the Group is in the session plan and join them. You may wish to swim at the back of the group, until you have warmed up.

Generally the fastest swimmer leads the lane, with swimmers ranking themselves, from fastest to slowest. Swimmers should avoid changing this swim order during a set, and should only do so at the end of a set of if over taking another swimmer

Use the pace clock to monitor your times. Stick to the session plan, including intensity levels and the set rest periods.

Maintain lane discipline and leave a minimum of 5 seconds between each swimmer.

During short distances, wait until the end of the repetition, before asking to go in front of a slower swimmer.

During the longer sets, to signal your intention that you want to pass a swimmer, tap their feet gently, near the end of the length.

If your feet are touched continue to the next wall, then stop in the corner of the lane, and let the following swimmer pass.

A single light touch may be accidental, whilst two or more touches should be regarded as a request to swim through.

A swimmer should consider pulling over, if a faster swimmer or group is closing in and you will slow them down before completing the next length.

If you need a rest, go to the edge of the lane near the wall. If you are taking a longer rest (more than a minute) get out of the pool. Do not get in the way of the swimmers.

Faster swimmers should think twice before attempting to overtake in the middle of the lane. It is probably wiser to wait and overtake at the end of the length, by tapping the feet of the leading swimmer.

Swimmers are recommended to bring a bottle containing water / sports drink and to sip between sets.

The Coach is responsible for the safety of the session. They will seek to equalise the number of swimmers per lane. If you are asked to move lane, do so.

The Sunday swim session often uses kick boards and pull buoys. You will need these if you wish to fully participate in the sessions. Ask the coach if you require advice on what type to buy.

Accepted by Club Committee July 2022