

Lane Swimming Rules



Circulating Safely

The aim is to have swimmers moving in the same direction when separated by a lane rope. That means swimming clockwise (keeping left and turning right at the end) in odd-numbered lanes and anti-clockwise (keeping right and turning left at the end) in even-numbered lanes. Use the dark centre line in your lane to separate you from swimmers coming towards you. If you are swimming backstroke, make sure you know which colour flags to swim under to keep you on the correct side of the lane (they may be different each time you swim). You should aim to swim in lengths and not stop until you reach the wall at end of the lane. If you are moved to another lane for any reason, make sure you know which way to turn at the wall.



Setting Off

Swimming or kicking, you should set off by pushing hard on the wall with your feet in a streamlined position 5 seconds after the swimmer in front of you, unless given a different interval by the coach. If there is a problem and you have stopped and aren't at the wall, you should check behind you for swimmers catching you up and should make sure you have space around you before swimming off. You need to swim hard for at least 4 strokes (or if it's a kicking set, kick hard for 20 kicks) to avoid slowing down the swimmer behind.

Turning

Swimmers should make a legal turn to the best of their ability. You should aim for the bit of wall above the lane line to touch, and push off at an angle to get you to the correct side of the lane on the way back (see *Circulating safely*). Shuffling along the wall to move sideways across the lane end slows everyone down and is not allowed. If you are following you *must* leave enough space for the leading swimmer to make their turn so they can push off without crashing into you.



Richmond Dales Amateur Swimming Club

www.rdasc.org.uk



Overtaking when Kicking

Overtaking is allowed anywhere as long as no-one else is overtaking; if there is someone coming towards you already overtaking, *wait*. If you are faster than the swimmer you are following you *must* either slow down or *must* overtake; pushing your kickboard on top of the feet of the swimmer in front is not allowed. At the end of the lane, the faster swimmer should tell the slower swimmer that they are overtaking and then push off hard and kick hard. The overtaken swimmer must not try to take back their position until they get to the blue-and-white section of the lane ropes.

Overtaking when Approaching the End of the Lane

Faster swimmers should touch the foot of the slower swimmer while in the red section of the lane ropes. Holding onto another swimmer's foot or pulling them back is not allowed. If your foot is touched while swimming, you *must* pause at the end of the lane and let the faster swimmer turn and pass. Overtaking swimmers should complete a legal turn and swim hard after overtaking. Understand that changing your stroke to touch someone's foot will slow you down.

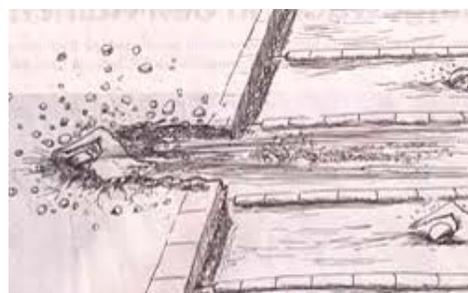


Overtaking when Swimming

Overtaking is only allowed in the blue-and-white sections of the lane ropes *and* if there is space; if there is someone coming towards you already overtaking, *wait*. There must *never* be more than 3 swimmers side-by-side in a lane. Overtaking swimmers should swim hard and finish their overtake before the red section. Overtaken swimmers *must* keep to their pace or slow down; speeding up while being overtaken is not allowed. Understand that changing your body position in front crawl or backstroke to take a look ahead will slow you down significantly.

Finishing

On finishing a set, you *must* push a hand or hands onto the wall depending on your stroke. Stopping early and standing under the flags at the shallow end is not allowed. When you have touched the wall you should move aside, make a queue by the lane rope and watch for incoming swimmers. You may only reach for your equipment or drink if you can leave a space on the wall for an incoming swimmer to touch. At the deep end, you should move from the wall to float vertically with only one arm on the lane rope. Sitting, surfing or climbing on the lane ropes is not allowed.



Diving for Lost Equipment

If you need to dive to retrieve lost goggles or fins you must stop at the side of the lane until the last swimmer in your group has passed before you even think about a dive. Before diving you *must* make sure that you have enough space to dive down without kicking another swimmer. You must look upwards before surfacing and you must surface in the same lane. If there is no space to dive down, get your equipment and surface safely, or if you need help locating the lost item, you should get help from the coach. Hair bobbles, combs, grips and slides are not counted as 'equipment' and should be left where they land.