

## **ACAC Proper Lane Etiquette**

- Swim on the right side of the lane
- Give the swimmer in front of you 5 seconds
- Pass a swimmer on the inside of the lane
- Initiate passing by touching the swimmer in front of you lightly on the feet ONCE—or—ask to swim in front of them during the rest between repeats
- If you are getting passed, politely move closer to the lane line
- Do not swim on another swimmers feet, execute passing etiquette or leave 10-15 seconds behind them
- Veer to the left side of the lane and complete the turn on the left side of the lane
- Always finish to the wall
- If you are on the wall move to the side so that incoming swimmers may finish
- Always know where you are in the workout
- Never skip lengths or touch the bottom unless the coach directs you to stop
- Never throw equipment