

Shrewsbury Masters Swimming Club – Some Do's and Dont's

Please try to avoid being late for the sessions. Volunteers also want a full swim.

Please do not wear any unnecessary jewellery, it can be a risk to other swimmers.

Please listen to the Coach! If you are not sure what you should be doing check with the Coach. DON'T DISTRACT OTHER SWIMMERS!

Swim in speed order. If you are catching the swimmer in front of you, ask them if you can move up a place when you get to the end of the repetition. Don't try to overtake them during a swim as you are likely to collide with someone coming the other way.

Don't move up the lane because you do one fast repetition. Ask yourself 'will I be able to maintain that pace'. If not stay where you are and do the whole set at a pace you can manage. Be prepared to move up and down the lane order as well as lanes if asked.

If you stop during a repetition wait until you can join in in your usual place or join the back of the lane. Don't get in the way of others and slow them down by pushing off in front of them.

When you finish a repetition move out of the way so that the next swimmer can finish at the wall.

Swim the set that the coach has asked you to do. if you have a problem with something let him or her know so that they can advise you what they want you to do.

Use the clock, don't leave it to the person leading the lane.

Enjoy the session be considerate to others and help them enjoy it to.

If you want to introduce a new swimmer to the club be aware of the protocol we have for introducing new swimmers. Don't invite them to 'just turn up', they will not be able to swim. Direct all joining enquiry's to email shrewsburymasters22@gmail.com