

## Swim

Triplings hold one coached session per week and in summer, an additional open water session. This is a guide only to aid in the safety and enjoyment of swimming with a group. Always obey pool staff, local surf life-saving or council instructions.

### Pool swimming etiquette

Most Australian pools will require clock-wise swimming (keep left) in the lane. Unless otherwise directed for safety or training purposes, Triplings use this method.

Triplings attempt to seed lanes by ability, a faster and slower lane, however due to numbers or lane availability, there may be occasions when a wide variety of abilities are in a lane together. This makes it more important to follow lane etiquette to assist smooth flow of the lane.

Always start faster swimmers to slower swimmers.

Leave at least 5 seconds after the swimmer in front of you.

Give way to faster swimmers, swim close to the lane rope to allow a swimmer to pass through the centre of the lane. If near the end, pause and wait for the faster swimmer to pass before continuing (leaving a 5 second gap).

Faster swimmers, when approaching a slower swimmer, should tap them on the feet (once) gently to let them know of your presence, then pass if safe to do so. If near the end, wait until the swimmer gets to the wall, as they will pause to allow you to pass.

Try to swim with bend arms/high elbows as this will minimise clashes with swimmers coming in the other direction and in the adjacent lane.

Ensure that the end of the lane is always clear. Stand to each side, near the lane rope, to allow continuing swimmers to access the middle of the lane to turn.

Swim all the way to the wall. The pool is 50m not 48m! It is the responsibility of the people at the wall to get out of your way.

Turn in the centre of the lane and aim to the side to avoid the oncoming swimmer. Tumble-turn if you can. There are no tumble-turns in open water, but it does make you a more efficient and faster swimmer in the pool. If you can't tumble-turn, just ask how.

If you standing at the end of the lane, remember that continuing swimmers may tumble-turn next to you. If you do not get out of the way, you may be used as the wall.

To ensure minimal obstruction, swimmers are advised to follow the programme as a group. Due to ability, this may at times be difficult, however, every effort should be made to keep on the same set. Slower swimmers may need to skip sets in order to keep up. Late comers may need to warm-up in a different lane before joining in.

When doing a long set, such as 800m, don't stop in the middle for a drink.



Leave your watch in your bag, learn to use the clock. It is much easier and more accurate, the delay while you try to see your watch is seconds whereas you can learn to see the clock as you touch. It also hurts more if you clash arms with someone.

The flags are there to aid swimmers when doing backstroke, count the number of strokes it is to the wall and you'll never hit your head!

If you don't understand a term or a drill, just ask.

## Open Water swimming etiquette

First and foremost, never swim on your own. Always swim with a partner, or have someone watching from the shore. Open water (even West Lakes) can be unpredictable and marine life can pose a risk to your health. Changes in weather can change the water conditions in an instant.

When swimming with others, ensure everyone knows the route and the end point. Wait for all swimmers before moving to the next agreed point.

West Lakes is used by a variety of sporting clubs, including rowers (remember they are travelling backwards). This can pose a hazard to safety as they may not see a swimmer. Swimmers can disappear from view behind waves or swell.

Always wear a bright coloured cap. Triking's have club caps which are bright yellow.

Keep close and swim parallel to the shore, this ensures a quick exit and you are away from rowers and boats.

In colder weather/water temperature, wear a wetsuit. Use an anti-chaffing product on rub spots such as the back of the neck, under the arms and under straps of your swim suit.

Observe any council regulations or surf-life saving club instructions with regard to water safety.

Do not hesitate to abort an open water swim if you do not feel safe.

## Equipment

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| Goggles   | A must. For those who wear glasses, corrective lens can be bought, this is to ensure you can see, read the programme and the time clock or navigate in open water.                |
| Drink     | Water or electrolyte drink is important. Remember that even in the pool, you will sweat so hydration is a must.   |
| Fins      | Also known as flippers are available from most good sports stores. Short fins are recommended rather than the longer "scuba-type" fins.   |
| Pull buoy | The club has some to use, but if you have your own you can use them on your other swim days too! These are to use when doing just arm pull, it helps keep your feet/legs buoyant. |



- Kickboard** Not a necessity, as a pull buoy is a good substitute, this is used when doing just kick.
- Paddles** They are a great tool for modifying hand entry and increase feel of the water but they should be used with caution. Swimmers with poorer technique risk shoulder injuries if used for longer sets as they increase the load on your shoulders.
- Wetsuit** A must for a serious triathlete. It'll keep you warm and increase your buoyancy. It isn't recommended for use in a chlorinated pool (you can, once in a while, as long as you rinse it immediately). Great to use for open water and of course, racing.
- Cap** Not essential for pool swimming, but recommended for open water (brightly coloured). Races will require you to wear one to aid wave starts and also being seen by the support crew. It is best to get used to wearing one. Plus, it helps keep your head warm.
- Lube** Anything petroleum-based will eat your wetsuit so use a recommended product for wetsuits. This stops the chaffing on areas like the back of your neck, and can help when getting out of your suit.

