



**SATURDAY SWIM CLUB GUIDELINES**  
**7:30 – 8:30am @ Balerno High School Pool**  
**(Term time only)**

- 1. The Pentland Triathletes Saturday morning Swim Club is open to adult members and non-members, over the age of 16, who are able to swim for 1 hour in 2 recognised strokes.**
- 2. Payment for members of the Pentland Triathletes is £3 per session, payable weekly or monthly.**
- 3. Payment for non-members is £4 per session, payable weekly.**
- 4. Membership of the Pentland Triathletes is open to adults of all abilities by completing the Membership Form which can be downloaded from [www.pentlandtriathletes.co.uk](http://www.pentlandtriathletes.co.uk) (and costs £20 per year). This entitles members to a cheaper weekly swim, access to the Tuesday Turbo Session, Open Water Swim Training and other triathlon-based activities.**
- 5. When arriving for the Sat Swim, please do not enter the school before 7:25am.**
- 6. Please do not bring your bike into the building.**
- 7. Please use blue overshoes when entering the changing rooms.**
- 8. Please use the lower lockers to store your clothing as children use the changing rooms while we are in the pool.**
- 9. Please do not bring any valuable items.**
- 10. Please tick (or add) your name to the register and pop your money in the 'honesty box' which will be by the pool-side.**
- 11. Please do not enter the water until our swimming coach tells you.**
- 12. Please follow the simple 'Lane Etiquette' guidelines below.**

## **LANE ETIQUETTE**

- 1. Please select a lane suitable to your present ability:**
  - Lane 1 (nearest the window):  
Swimmers who can swim 400m in less than 7 minutes
  - Lane 2:  
Swimmers who can swim 400m in 7 – 8 minutes
  - Lane 3:  
Swimmers who can swim 400m in 8 – 9 minutes
  - Lane 4:  
Swimmers who can swim 400m in 9 – 10 minutes
  - Lane 5 (nearest the wall):  
Swimmers who swim 400m in more than 10 minutes
- 2. Please swim in either a clockwise or anti-clockwise direction as directed by our swimming coach.**
- 3. The fastest swimmer will always start first, and so forth.**
- 4. When training, please give the swimmer in front of you at least 5 seconds lead.**
- 5. If your toes are touched by the swimmer behind you, please allow them to pass at the end of the lane and then give them a 5 second lead.**
- 6. When tumble-turning please aim for the opposite side of the lane to prevent collision with the swimmer behind you.**
- 7. Remember, it's supposed to be fun!!!**