

# **PEGASUS AQUATIC MASTERS SWIMMING**

## **Pool Etiquette 101, SMU facility and weather policy**

### **Pool Etiquette 101**

Safety always comes first, and swimming's first rule is never to swim alone. Because you will always be swimming with other people, offer them the type of respect you wish to receive. Swim friendly. Also, always follow the directions of lifeguards and pool staff, as they can see and anticipate things that you cannot.

If you know how to drive, then you know how to swim within floating lane lines. Swimmers tend to self-organize into lanes by speed, and you'll want to seek a lane according to your speed and ability. If you need to stop swimming during the workout, "pull over" at the wall. Move out of the way of other swimmers by sliding into a corner. Don't hang onto the lane line—you will get a parking ticket.

Circle swimming is the norm at our workouts. Black lines on the bottom indicate the center of each lane, and black crosses mark each wall. Use these markings in the pool just as drivers use them on the road.

Here are some of the major no-nos and yes-yeses of swim practice.

### **Don't:**

- Dive
- Use the starting blocks independently
- Swim down the middle of a lane
- Remain stationary in the lane, except at the wall
- Stand or hold onto the wall in the middle of the lane
- Grab another swimmer
- Push off the wall immediately before or after another swimmer—no tailgating!
- Do your own thing in a lane that is following a prescribed set or workout.

### **Do:**

- Enter the water feet first. This is mandatory for all Masters swimmers
- Dive only from the starting blocks, when instructed by your coach
- Circle swim, staying always to the right of the lane, only moving toward the center when ready to turn at the wall
- Leave the pool if unable to continue swimming

- Scoot to the right corner (as you are facing the wall in the water) of the lane while standing or holding onto the wall to let other swimmers move to the left side to flip and push off.
- Tap a swimmer's toes in front of you, indicating that you wish to pass at the next turn
- Allow 5 seconds between swimmers.
- Play nice. Those unable to play nice will be unable to play.

### **SMU Locker Room Policy**

PAMS members have access and are able to use the indoor locker rooms during our morning and noon practice times. ***Swims during the evening hours, will not have access to the indoor locker rooms.*** The changing rooms next to the outdoor pool are open and available for all Pegasus practice sessions.

### **SMU Entrance/Exit Policy**

1. **SMU Enter and exit using the Katy Trail gate.** This is the gate at the southeast corner of the pool. Once practice begins, the gate will no longer be open. If you're late for practice, expect to wait a few minutes while the coach is coaching until he or she can make it back to reopen the gate.
2. **Understanding and following rule 1 will help you decide where to park.** Hint: not by the gate we no longer use, unless the long walk around is what you are looking for.
3. **Enter and exit the indoor pool only through the hallway separating the two pools.** Access the hallway from the outdoor pool locker rooms. Please make sure you leave the building the same way you entered. One point of entry and exit.
4. **Doors behind the diving well are not to be used except in an emergency. See rule number three (3).**
5. **The above policies apply to the Pegasus Aquatic Masters' scheduled swim times.** Water Polo, age group swimming and diving have different access requirements. The safety of those of us using the facility is the priority and reason for the strict policy. The goal is to control access to the building, keep everyone safe and your valuables secure.

### **SMU Outdoor Pool Weather Policy**

Pegasus Masters will not swim outdoors during thunder and lightning storms, tornado watches and warnings. Morning and noon practices will move indoors when outside temperature including wind chill is 40 degrees Fahrenheit or cooler. Evening practices are always outside unless there is lightning.

Unless notified differently, we will move practice changes caused by weather to the indoor pool.

When lightning is detected within a 10-mile radius, state law and SMU campus policy require that the pool be cleared and the pool deck evacuated for 30 minutes from the last detected presence of lightning. When lightning is detected we will move indoors.

The final decision regarding swim location and pool clearance lies with the coach on the pool deck.

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