

	Biking On The Road
1	Always wear a helmet.
2	Be aware of your surroundings, including cars and other cyclists.
3	Ride in the same direction as the traffic, on the far right side of the road. Never cross the yellow line.
4	Obey all traffic laws, including stop signs and traffic lights. Do not ride more than two abreast.
5	Stop before talking on the phone or taking photos.

	In The Pool*
1	In most pools, lanes are designated as slow, medium, or fast. These are relative terms. Choose a lane compatible with your speed, then notify the others in the lane that you are joining them.
2	If there are two of you in a lane, you may opt to keep to one side of the lane; the other swimmer will stay on the opposite side. Three or more swimmers in a lane must circle swim.
3	Slower swimmers must yield to faster swimmers.
4	If you need to stop, squeeze into the corner to the right of oncoming swimmers, so they will have sufficient room to turn.
5	At all times, be aware of what is going on within your lane, and try to not to kick or swing your arms into another lane.

	At Masters Swim*
1	When joining a lane while a workout is in progress, you may only join that lane as part of the current workout set.
2	Pass on the left. Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop, and wait until the other swimmer has pushed off.
3	Do not stand in front of the pace clock.
4	If you need to stop, squeeze into the corner to the right of oncoming swimmers, so they will have sufficient room to turn.
5	At all times, be aware of what is going on within your lane, and try to not to kick or swing your arms into another lane.

For more information, visit [www.ITLCoaching.com](http://www.ITLCoaching.com) or write us at [ITL@ITLCoaching.com](mailto:ITL@ITLCoaching.com).

	At The Track
1	Always move in a counter-clockwise direction.
2	If you are running hard—regardless of your speed—run on the inside lanes.
3	If you are walking or intentionally moving slowly (such as during a rest interval), move to the outside lanes (lane four or higher).
4	Check behind you and signal to others with your arm before you change lanes.
5	When passing a slower runner, do not move in front of them until you are a full stride-length past the other runner.
6	When passing, it is the responsibility of the faster runner to change lanes and move around the slower runner. (Note: this guideline does not apply in competition.)

	Road Running Safety
1	Always run on the left side of the road, AGAINST traffic. (Note: this is different from cycling!) If you are on a sidewalk or trail, run on the right and pass on the left.
2	Be mindful of traffic, particularly at intersections. Cars that are turning may fail to see you.
3	When running at night or before sunrise, wear light-colored clothing, reflective gear, and/or a light.
4	Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
5	Use discretion in approaching strangers. Ignore verbal harassment.
6	Be mindful of others, alert them as you pass them.

For more information, visit [www.ITLCoaching.com](http://www.ITLCoaching.com) or write us at [ITL@ITLCoaching.com](mailto:ITL@ITLCoaching.com).

\*Adapted from "The Complete Book of Swimming" by Dr. Phillip Whitten  
Published 2/12/16