

# Mind Your Manners

## In the pool

The most common stroke to swim is Frontcrawl, as this is the fastest and most efficient of the strokes. You can also swim breaststroke but if you need to swim some Backcrawl it is worth checking beforehand with the Race Organiser – if it is possible they will try and put you in a side lane to help you swim in a straight line.

## Overtaking Etiquette

It can be frustrating to be stuck behind a slower swimmer but is equally distressing for a swimmer to have you constantly touching their legs.

If you catch someone up only overtake if there is room to complete the overtake without causing hazard to anyone else in the lane.

The best course of action is to gently tap the toes of the person in front of you which will let them know you want to pass. If it happens to you, the correct thing to do is pause briefly at the wall, moving slightly to one side of the lane to allow the swimmer to go in front of you.

## On the bike

Follow the Highway Code at all times.

If a faster rider comes past, let him or her overtake rather than holding them up. Help create a sense of solidarity by nodding or saying "hi" to other triathletes.

If you are using energy gel's or bar's always put the wrappers back in your jersey pocket.

## Other road users

Observing the rules will keep you safer in traffic. Look and signal before turning, pulling over or moving into the middle of the road. Never pull out of a junction in front of a car, and always try to make eye contact with the driver whose lane you're pulling into. Wave a quick thank you to anyone who gives you a wide berth. And, tempting as it is, try to avoid gesticulating wildly at anyone who drives badly.

## On the run

Running doesn't have a lot of rules, and that's what a lot of people love about it. Still, a few simple niceties make for a more pleasant running environment for us all.



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## Road running

If you're forced by circumstance to run where there's no pavement, always run facing traffic. Stop at junctions and, as with cycling, try to make eye contact with other road users so you know they've seen you. Give pedestrians space - they're an unpredictable breed and have been known to stop, turn, point or wave their arms without warning.

## Race day

Race-day adrenaline can cause some of us to forget our manners, but the general opinion is that triathletes are a polite bunch. Keep up the good work by listening to race officials, thanking marshals and being friendly to other competitors. After all, ours is one of the few sports in which newcomers can prepare for their race alongside top age-groupers.

## In transition

There's a strict no-nudity rule at transition in this country, but some people are still caught out. Think about what you're wearing before you put on your wetsuit. Rack sensibly and with some thought for others, and try your best not to knock over anything when you go through T1 and T2.

## Keep clear

Should you run into trouble during the race, move to one side if you can so you can receive help without causing a pile-up.

By remembering these few simple rules and ways of conducting yourself, you'll be helping to make the world of triathlon a happier place. And that will benefit all of us.

Louise Jones, sport psychologist at theTriLife.co.uk, says that minding your manners is about more than just maintaining the sport's reputation: observing proper etiquette can actually improve your performance.

*"For a positive environment to develop, it is important that certain rules are followed and that everyone is clear about them," she says. "Research suggests that if you are relaxed you will perform better. When triathletes are relaxed in the knowledge that others are also abiding by the rules, they will be happier and more successful."*

