



Lap Swim Etiquette

**TO MAKE EVERYONE'S EXPERIENCE MORE ENJOYABLE,
ADHERE TO THE FOLLOWING LAP SWIM ETIQUETTE:**

LANE DESIGNATIONS

- When the pool is busy, swim lanes will be shared.
- Make note that the lanes contain fast, medium, and slow swimmers.
- Select a lane comparable with your preferred swimming speed.
- When lifeguards are on duty, they monitor the lanes and may alter the configuration at any time.
- Lifeguards may assist you with selecting lane or ask to move lanes if your speed is not similar to those in your lane.

ENTERING THE WATER

- Enter the water feet first from the shallow end. **THERE IS ABSOLUTELY NO DIVING!**
- It is the responsibility of the swimmer entering the water to make sure the lane is clear of ANY swimmers.

SPEED

- Slower swimmers must yield to faster swimmers.
- Be aware of your space in the lane and orientation of others. If you are approaching the wall and another lap swimmer is gaining on you and swimming at a faster rate than you are, pause at the wall to allow the faster swimmer(s) to pass you.

PASSING

- Pass on the left hand side. If you are a slower swimmer and being overtaken at the turn, **STOP**, and **WAIT** until the other swimmer has pushed off the wall.
- A pass must be initiated in time to over-take the slower swimmer before the wall.
- When using kickboards, please be aware of other swimmers in your lane and their need to pass.

CIRCLE SWIMMING

- Swimmers are required to follow the circle swim pattern. Stay to the right and swim in a **COUNTERCLOCKWISE** circle in the lane. (SEE CIRCLE SWIM DIAGRAM.)
- It is the responsibility of the swimmer entering the lane to ensure that all other swimmers in that lane are aware of his/her presence and the circle swim pattern.
- Always swim complete laps of the pool. Avoid stopping in the middle of the lane; this can interfere with the progress of other swimmers and cause collisions.
- Stop only at the wall and once stopped, remain in the **Left-hand CORNER OF THE LANE** (from the perspective of the approach to the wall). Other lap swimmers need space to turn; always leave the middle 1/3 of the wall clear for turning purposes.

Swim Etiquette Rules were adopted from US Masters Swimming. Visit www.usms.org to learn more.