

Lap Swim Etiquette

The following guidelines will help promote an enjoyable lap swim experience for all.

- Gauge the swim speeds of each lane and join the lane where the swimming speed most closely matches yours. Having to constantly pass or be passed tends to distract from the swimming experience)
- If you are alone in a lane, you can swim following the middle line or as you wish. As soon as someone joins your lane please convert to circle swimming as described below.
- When two or more swimmers are in the lane, then circle swimming is the only appropriate format for lap swim. This is done by swimming counterclockwise just like driving a car.
- When joining a lane, slowly enter the water or wait on the side during one lap until all swimmers have noticed that you will join the lane. Please communicate.
- When you join a lane always enter feet first. Diving is dangerous and just not permitted. Diving from the starting blocks should only be done under supervision of a coach and when the lane isn't used by lap swimmers.
- If you want to pass a slower swimmer, tap them on the foot so that he/she knows your intention. They can then stop at the end of the lane and move to the corner so that you may pass. Respect the touch if you are the person being passed.
- Respect your fellow swimmer allowing for personal space. Allow faster swimmers to pass easily and do not crowd slower swimmers.
- Allow slower swimmer the space they need. If you find yourself constantly passing swimmers then it might be best to move to a faster lane.
- Chatting with a fellow swimmer is a great way to get to know your fellow swimmer. Please chat or rest by the lane ropes rather than the center of the lane.
- Please always obtain permission before borrowing a piece of swimming equipment. It may well be needed by one of your fellow swimmers very soon.

The following reference was used for the above document.

<http://www.enjoy-swimming.com/swimming-pool-etiquette.html>