

LAP POOL ETIQUETTE

- ◆ Lap lanes are for lap swimmers/water walkers only.
- ◆ Children can use the lap pool if they are lap swimming and are supervised.
- ◆ No hanging on the lap lanes.
- ◆ No diving anywhere.
- ◆ The Club has a lane sharing policy. This means that if you secure your own lane, during busy times you may need to share a lane with another member.
- ◆ Please do not enter a lane without an acknowledgement from the other swimmer in the lane.
- ◆ When entering an occupied lane, sit at the edge of the pool and put both legs visibly into the lane, off to the right side near the lane line. If you are the swimmer already in the lane, please acknowledge that there is a person entering. Both parties should discuss whether you will swim sides or circle. We suggest sides unless you know each other.
- ◆ A shared lane offers a great opportunity to work on your stroke. Keep your elbows high while swimming freestyle and stay next to the lane line while swimming backstroke. Butterfly and breaststroke: if you are an experienced swimmer and have excellent control of your stroke, please let the other swimmer know you will be swimming different strokes.
- ◆ Any equipment you wish to bring to the pool deck is fine. To avoid collision, we suggest waiting to have your own lane before using paddles with a swimmer you do not know.
- ◆ The simple act of always being nice to your fellow swimmers is the only rule you truly need to follow.
- ◆ Have a great workout!

