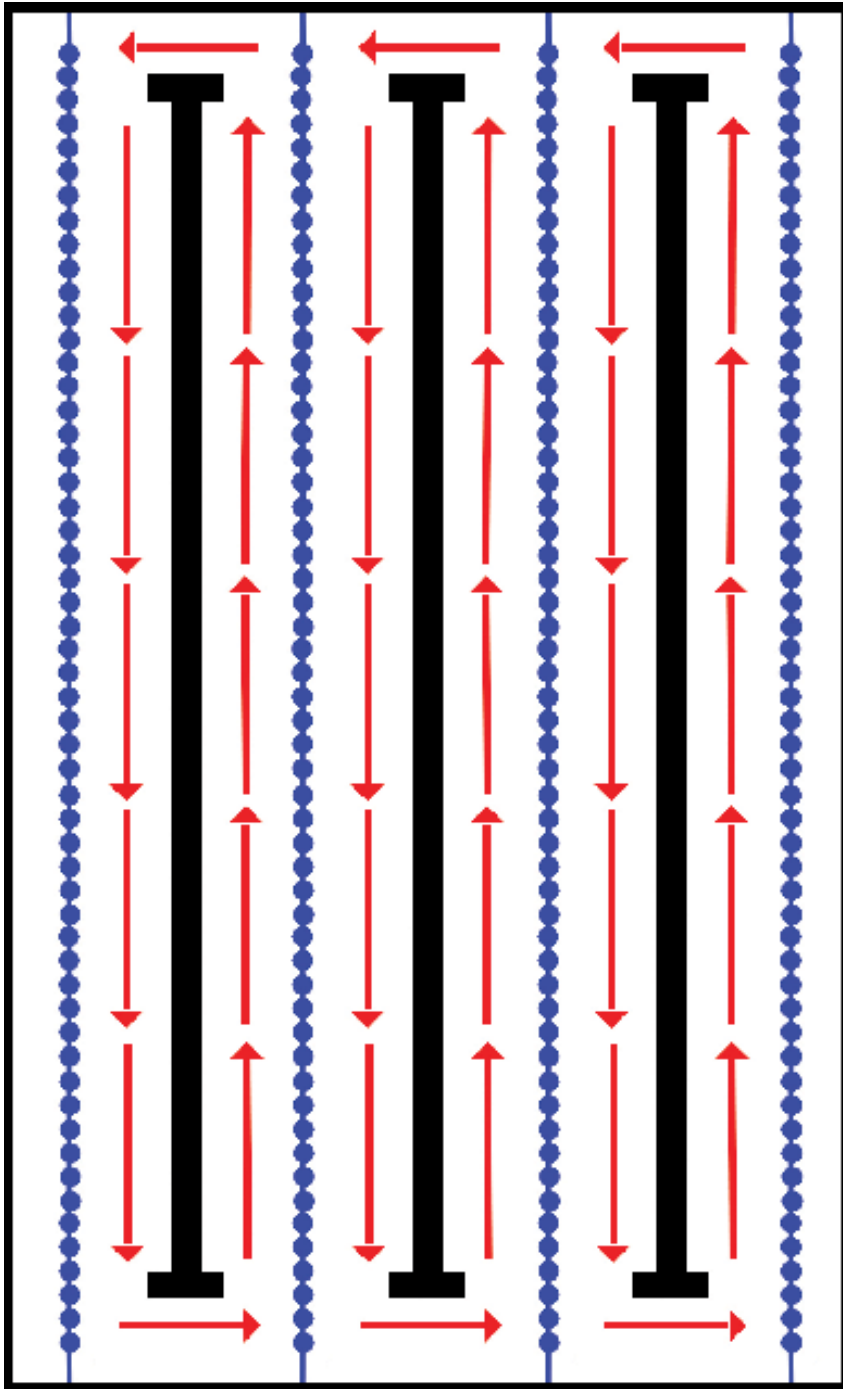


# LAP SWIM ETIQUETTE

## Lane Designations

When the pool is busy, swim lanes will be shared. If there are only 2 people, the lane can be split. If there are more than 2 people, circle swimming is the most effective way to accommodate more swimmers in a lane.



## Circle Swimming

Swimmers are required to follow the circle swim pattern. The correct traffic pattern is to stay to the right; that is to swim in a counterclockwise circle in the lane.

It is the responsibility of the swimmer entering the lane to be sure that all the other swimmers in that lane are aware of his/her presence and the necessary traffic 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, stay in the corner of the lane, preferably in the left hand corner (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.

## Circle Swim Diagram

When sharing a lane with others, keep to your RIGHT, and swim in a circular pattern as shown, above.