



Pool Etiquette

Our swimmers range in their ability and fitness level, from beginners to serious competitive swimmers. Please follow these guidelines in order to make workout sessions safer and more pleasurable for all swimmers.

Lane designations

Lanes are designated as slow, medium, or fast. If Lanes have not been designated, please observe the level of the ability of the swimmers in the lane you are about to enter. Please try to stay in the lane with swimmers of similar abilities and speed. This is especially important when there are more than 2 swimmers in a lane, and there is a circular movement pattern within the lane.

Warm-up

All warm-up sets should be done with 3 or more swimmers in a lane, swimmers must swim in a circular pattern. Keep to the right side of the lane, much in a way you would if you were driving on the street.

Entering a Lane

Pick a lane compatible with your speed. Notify the swimmers you are entering the lane. Please don't dive, jump or push off into the oncoming swimmers. If the swimmers are in the middle of a set, you may want to wait till the beginning of the next set to enter the lane, especially if you are the third swimmer in the lane.

Entering a Lane - during a workout set

If there is a workout set in progress, when entering a circular pattern lane, please stay within the set that is in progress. It is not a good idea to start new or your own set while the other swimmers are in the middle of another set. This is not as crucial when 2 swimmers are splitting a lane. It is recommended that you enter a lane between sets.

Swimming pattern

If there is only two swimmers in a lane, the swimmers may choose to split a lane, where each swimmer keeps to their own side of the lane. You may also choose to swim in a circular pattern. Whatever you choose to do, make sure that the other swimmer(s) in your lane are aware of it.

If there are 3 or more swimmers in a lane, swimmers must swim in a circular pattern. Keep to the right side of the lane, much in a way you would if you were driving on the street. Please be aware of veering too far into the middle of the lane. The swimmers coming from the opposite direction are not likely to see you and can collide with you and the middle of the lane needs to be clear for passing.

Workout Sets

When there is a circular pattern in your lane, stay within the workout set. If you have gotten lapped, don't insist on the last lap. Forego the lap, and stay within the sets as best as you can.

Speed

Slower swimmers must yield to the faster swimmers in the lane. At the beginning of each set, determine the order of speed among people in your lane, and leave the wall in that order. Please remember that your and other people's speed changes if they use equipment (paddles, fins, drag devices) and adjust the order within your lane to accommodate this.

Passing – General

Pass on the left, as if you are driving. If you need to pass someone on the flipturn, read the following two paragraphs. If you are uncomfortable with being passed on the flip turn, it is best to stop at the wall to allow the faster swimmer to pass you. If you are planning to stop at the wall, scoot to your right (get out of the way) and let the other swimmer(s) pass.

Passing - Mid Lane

Pass on the left. Tap the foot of the person in front of you before passing, so they have a chance to give you extra room. It is not a good idea to pass people in this manner too close to the end of the lane. Judge your speed, and use common sense. You need to have enough room to pass, before coming to a wall

Passing - During Flipturns

Tap the foot of the person in front of you before passing, so they have a chance to give you extra room. If a faster swimmer is closing in on you, and has tapped your foot, as soon as you get to the wall, scoot over to the far left corner of the lane and start your flipturn. The faster swimmer will make a flipturn to your right, and pass you. It is important to move over to the far left, to give the passing swimmers room to turn safely and avoid collisions.

General

If you need to stop, squeeze into the corner to the right of oncoming swimmers, so they will have sufficient room to turn.

At all times be aware of what is going on within your lane.

Try not to kick or swing your arms into another lane while swimming or at the wall.

If you are late, and the lanes are full, you will have to join the workout at its current point, rather than from the beginning.

If a person in your lane appears unsure of the rules, please bother to explain, in a polite manner.