



MEMBER INFORMATION



Lane Swimming Etiquette

1. All swimmers must shower before entering the pool.
2. Swim hats must be worn.
3. Select a lane based on your ability and stroke/s you intend to swim during your visit.
4. While swimming, follow the directions of the arrows of your designated lane.
5. In order to pass a swimmer in front, swim past on the **right** and move as promptly as possible back into the left lane to continue lapping.
6. If you have to move across any lanes, check both directions before moving.
7. When waiting at the end of the pool, move across towards the corners of the lane to allow other swimmers to continue swimming laps and perform tumble turns.
8. When you enter the water, never dive, jump, or push off into oncoming swimmers. Wait until they have made the turn and pushed off.
9. Push off underwater. This will reduce the waves encountered by oncoming swimmers.
10. At all times be aware of what is going on within your lane. Also try not to kick or swing your arms into another lane.
11. Keep your toenails and fingernails trimmed.

The following times are provided as a guide for lane designations:

Slow Lane: 25m slower than 40 seconds

Medium Lane: 25m slower than 30 seconds

Fast Lane: 25m faster than 20 seconds