

Lap Swim Guidelines

GENERAL LAP SWIM ETIQUETTE

- If there is more than one swimmer in a lane the first person to enter the lane can choose the method of sharing the lane.
- All swimmers who are swimming during lap swim time should be using the pool for lap swim or another form of workout. This is not a time for play in the pool.
- Enter and exit only at the end of the lane.
- Passing slower swimmers should be done at the end of the lane.
- Swimmers resting at the end of a lane should stay to the side to allow other swimmers to pass.
- Any swimmer desiring to go in a lane should get the attention of swimmers currently in the lane to ensure they are aware of their presence before entering the water.

1 Length = 25 yards

1 mile = 70.4 lengths

YOUTH

- Youth may swim during lap swim if:
 - they have passed the swim test.
 - they can proficiently swim multiple lengths of the pool.
 - they are not interfering with lap swimmers in the other lane.
 - are using the lap swim time to swim laps or exercise, not play.
- All youth in the pool area must follow the Adult Supervision Policy stating that:
 - All children 6 years and younger must have an adult (18+) with them in the water, within arm's reach, at all times.
 - All children at or between the ages of 7 and 11 must have an adult actively supervising them at all times when in the pool area.

How to share a lane

SIDE BY SIDE



CIRCLE SWIM

