

Lane Swimming Etiquette

Swimming is a lot like driving, or walking, in that there are accepted norms for how we share the space we use.

1. Intended Purpose of Lane Swimming

- Designated lanes for lane swimming are NOT to be used for casual open swims or recreational play time.

2. Primary Method of Lane Swimming

- Counter clockwise

3. Entering the Pool

- Make note of lanes oriented to **“fast, “medium,” and “slow.”**
 - o Select a lane most compatible to your preferred swimming speed.
 - o Choose a lane according to your speed, not your ego.
 - o Lifeguards may assist you with selecting the appropriate lane or ask you to move if your speed is not similar to those in your lane.
- Dangle your feet first in the water before jumping in. This lets the swimmer know that you’re there and wish to join them in the lane.
- If there is a swimmer approaching the wall as you are preparing to enter, wait until they have turned and started the next lap before entering so you do not interrupt their progress.

4. Respect people in the lane

- o Leave the wall ~5 seconds after another swimmer
- o Pushing off right when another swimmer is coming in to turn means that this swimmer will push off either, a) right beside you, or b) on top or below you, or c) you could cause them to stop
- o As with pushing off right before someone turns, don’t swim on the heels of other swimmers.

5. Cross the T to turn

When going into the wall,

- o Start thinking about your turn when you see the T on the bottom.
- o Aim for the middle of the wall to push off **“+”**
- o In a busy pool odds are good that another swimmer will be hot on your heels, so turning in the center to the wall insures that you don’t push off into incoming swimmers

6. Passing 101

- o If you need to pass in your lane, move up to the swimmer and tap his/her foot.
- o If your foot has been tapped there is no need to stop, as this could cause a collision. Once you are aware of another’s intent to pass, slow down just slightly and slide over as close to the lane line as possible and allow the faster moving swimmer to cruise past you.
- o If the indication to pass has occurred right before the wall, it is appropriate to pause at the wall in the **right hand corner** to allow the swimmer to advance through his/her turn
- o Pass on the left after you have indicated your intent by tapping his/her foot
- o A pass must be initiated in time to overtake the slower swimmer before the wall. Otherwise, there exists a strong potential for a collision as both swimmers attempt to turn at the same time. In the case of ambiguity

approaching the turn, the swimmer whose head is closest to the wall has the right-of-way and the swimmer whose head is behind must yield the turn in the interest of safety

- o Swimmers being tapped should acknowledge the communication of a desired pass and not try to speed up or try to tag back once passed.

7. **Don't split the lane unless agreed to.**

If there are two swimmers in a lane often times they will split it, with one swimmer taking a side. This is something that should be decided between the two swimmers – don't jump in and assume the other swimmer will automatically understand what you mean to do.

Similarly, when you are the third swimmer to the lane, do the courteous thing and wait at the end of the lane until both swimmers see you and revert back to circle swimming.

8. **Rest in the corners!!!!**

Between reps and sets it's normal to want to catch your breath, and reset yourself mentally for the next round of swimming. Rest in the corners of the lane, as close to the wall or lane rope as possible so that other swimmers can turn unobstructed. If you decide to chill out in the middle of the lane don't be surprised if you get flip-turned on.

9. **Bring your own swim gear**

This seems like an obvious one, but bring your own equipment to the lane. Using the gear that belongs to other swimmers is not only bad etiquette in the pool, but a bad policy to have in life. The pull-buoys or paddles that other swimmers have will be adjusted to fit them specifically, so bring your own equipment.

10. **Know your surroundings**

Backstroke Flags: an indicator of ~5 Meters (~16ft) before wall

Lane Rope: 2.5M (~8feet apart)

T Line: 1.6M (5.3 feet) from the wall. The 'T' tells swimmers they are nearing the wall in order to prepare for their turn/finish without needing to look up

Black Line: Divides the lane

Black + on wall: Marks the center of the lane. Push off here and always keep this area clear



