

LAP SWIMMING ETIQUETTE

Whether you are a former college swimmer or you are just catching the swimming bug there are some points/tips that you should keep in mind to make your workout safe and productive.

1. **Circle Swim** – Swimming in a lap lane is much like driving a car; you need to stay on the right side of the road. The lines on the bottom of the pool are there for a competitive purpose, but when swimming laps they should be considered the center line and not crossed. Circle swimming is preferred where you stay on the right side of the lane at all times and swim in a counter clockwise fashion.
2. **Pacing** – Knowing who you are and what you are capable of as an athlete or someone interested in a good workout is important. Furthermore, choosing a lane where swimmers with a similar skill level are working out is important. If space does not allow this be cognizant of those around you and allow stronger swimmers to pass down the middle of the lane or on the walls.
3. **Equipment** – The amount of toys which exist to help or enhance your swimming workout is endless. Some people choose to use these devices while others are simply there to get in the pool and go. Whatever your philosophy, place your equipment on the edge of the pool. When stopping to put equipment on or take it off be sure to be polite and stay out of the people's way who you might be sharing a lane with.
4. **Entering** – How you enter the water is actually something worth discussing. The method by which you should enter the water is feet first. If you are a person who eases in the water, please do so feet first. If you are a person who likes to jump in, please do so feet first. Lastly, be aware of your surroundings, i.e. water depth and other swimmers when you enter the water.
5. **Social time** – There are very few swimmers who are not social butterflies give the right environment. The pool or at the end of the lap lane is not the appropriate place for that. Many people choose to spend their time in the water for their workout, do not ruin that for them by sitting at the lane having a conversation.
6. **Lane ropes** – Many people are unaware of the thousands of dollars which are spent on lane ropes by aquatic centers. That being said, lane ropes are there to deplete waves and turbulence between lanes. They are not there for you to hang on in between a set or before or after your workout. Please respect the facility and the equipment provided.
7. **Golden rule** – The bottom line is that you should really treat other as you wish to be treated. Be respectful of the facility, the people around you and the staff on duty. If you do this, you should have a quality experience every time you get in the water.



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