

Lap and Circle Swimming Etiquette



During crowded times, circle swimming is recommended. Here are some tips and suggestions to make the most of the space available.

A. When entering the water, be sure to ease into a crowded lane.

B. Swimmers of similar speed should swim in the same lane.

- **Observe the pool for a few minutes to be sure you are picking the correct lane.**
- **Generally, outside lanes are the slower lanes. Middle lanes are for faster swimmers.**

C. Stay to the right in the lane, just like when you drive on a road.

D. To pass other swimmers:

- **Tap the other swimmer in front of you on the foot to signify that you plan to pass.**
- **The wall is the best place to pass.**
- **If you do pass mid-lane, only pass between flags and pass to the inside of middle.**

E. When you need to rest:

- **When resting, stay to the right of the lane and avoid the other swimmers in the lane.**
- **Avoid stopping in the middle of the lane.**

F. Working your way into a lane:

- **Up to eight people can fit in a lane when proper etiquette is followed.**
- **Try to be diplomatic if making a suggestion to another swimmer.**
- **Lifeguards **ONLY** intercede when there appears to be a safety concern or a situation can't be solved between swimmers.**