

## LANE ETIQUETTE STANDARD POLICY

### Purpose

Lap Swim Etiquette policy to assist swimmers with information on the nuances and customs of swimming laps with others. It is also provided to avoid conflict and make everyone's experience more enjoyable and set out a framework for the operation of the Waves Fitness and Aquatic Centre (WAVES) to ensure that the best possible safety is provided for the community.

- 1) Swimmers are asked to always enter the water feet first at the shallow end of the pool and keep clear of another swimmer already occupying the lane. Meaning, if there is a swimmer approaching the wall to wait until they have turned and started their next lap prior to entering the water.
- 2) Lap Swimming is to be conducted in a circular swim pattern keeping to the left side of the lane. Swim as close as you can to the lane rope to avoid colliding into oncoming swimmers. Turn on the centre of the wall at each end and move to the right as soon as possible.
- 3) Swimmers are responsible for ensuring they are aware of their space in the lane and the orientation of others and avoid pushing off the wall just in front of a faster swimmer. Allow 5-10 seconds before pushing off the wall behind another swimmer.
- 4) Ensure full laps of the pool are being swum at all times and avoid stopping in the middle of the lane at any time.
- 5) Swimmers are to select the lane that is most compatible with their swimming speed.

Speed/Pace	Pace per 50m	Pace per 25m
Slow:	laps slower than 60 seconds.	laps slower than 30 seconds.
Medium:	laps slower than 50 seconds.	laps slower than 25 seconds.
Medium fast:	laps slower than 40 seconds.	laps slower than 20 seconds.
Fast:	laps faster than 40 seconds	laps faster than 20 seconds

- 6) Slower swimmers should yield (stand clear, keep to corners of the lane) at the wall to let the faster swimmer past or if consistently being overtaken by others in the lane change lane to a slower pace.
- 7) Faster swimmers should wait until the end of the length and turn ahead of the slower swimmer while they wait on the wall
- 8) Unless otherwise signposted, you should only swim freestyle in the fast lanes. Short drills that involve other strokes are ok, but these should be kept to a minimum and you should always be mindful of where other swimmers are while doing these. If you are swimming Butterfly, switch to a left arm stroke only when passing other swimmers to avoid accidentally making contact.
- 9) Lifestyle swimming lanes (Walk-Run lanes) will be provided whenever possible. If there are no designated Lifestyle swimming lanes, please ask a Pool Attendant.