



# Lap Swimming

## *Rules and Etiquette*

1. When you arrive, shower off before getting into the pool.
2. Lap lanes are for lap swimming only. Other water exercise is performed in the recreational area when lap swimmers are waiting for a lane.
3. When others are waiting for a lane, we ask that you limit your time to 45 minutes.
4. Lap lanes are first-come-first serve. During peak usage you may need to share a lane with other swimmers. 2 per lane.
5. Swimmers will decide what side each will swim on and stay on that side. No circle swimming.
6. When entering a lane with other swimmers, notify them that you will be joining them.
7. Sit down at the edge of the pool and dangle both feet in to get the swimmer's attention.
8. When you enter the lane do not dive, jump, or push off into oncoming swimmers. Wait until they have made the turn and pushed off.
9. If you are sharing a lane, always swim complete laps. Avoid stopping in the middle of the pool for any reason as this can interfere with other's progress and cause collisions.
10. If you are sharing a lane and you must stop at the wall for any reason, squeeze into the corner of the lane so that other swimmers have ample room or turns.
11. Avoid wide strokes in crowded pools.
12. Just be kind :) The beautiful thing about kindness is its simplicity. The simple act of being kind to fellow swimmers regardless of their ability makes sharing our amenities here at SBHOA2 even better.