

# Adult Lap Guidelines

## Adult Lap Swim Ages 15 and Over

It is rare that there will be fewer swimmers than lanes. Therefore, the burden of sharing the space is on all the swimmers. To allow more individuals in the pool a circle system has been adopted and is very practical.

1. All swimmers must shower before entering the pool. Those swimmers with chin length hair or longer must wear a swim cap.
2. All swimmers please check in with the lifeguard before beginning your swim.
3. Only swimmers who are swimming laps should be **in** the pool. Socializing and stretching should be done on the pool deck. Water walking, modified water exercise should be done during the times designated for this type of activity. Resting should take place in the corners at the deep or shallow ends (not on stairs).
4. Choose a side that is comparable speed with your swimming pace. We offer a fast side and a slow side. The side of the pool nearer the outer wall is the "fast side". The side of the pool near the locker room is the "slow side". Please use the correct lane according to your swimming speed and ability. The lifeguard can assist you in this decision. He/she may also ask you to change lanes as he/she deems it necessary for your and others safety.
5. Circle swim starts when there are 4 or more swimmers on a side and/or when the lifeguard designates it. The following guidelines will provide comfort and safety to our swimmers.
  - Be sure that other swimmers are aware you are entering the pool – look for a good opportunity to enter the pool.
  - Allow the swimmer in front of you a 5 second lead. This helps prevent collisions and allows individuals to maintain a good pace.
  - If you are a slower swimmer, pause at the end of the pool (in the corner) to let faster swimmers go by.
  - When passing someone, use the middle lane after looking out for other swimmers who may also be using the middle lane. **DO NOT** pass another swimmer when they are in the process of turning.
  - If being passed, hold your speed or slow down slightly and try to stay as far right or left as possible.
  - Swimming side by side and conversing is **NOT** allowed during circle swimming.
  - Turning can create the greatest chance for collisions. Swim into the wall at an angle (to center of the lane) and push off at an angle. (See diagram on back.)
  - If you do anything to increase your width in the lane, such as the breast stroke or side stroke, it is your responsibility to take extra care not to hit other lane-mates. You may be asked not to do a wide stroke.
  - When more than 2 people are on one side, the butterfly will not be allowed.
  - When your goggles become fogged, please take a few seconds to clear them. Foggy goggles can cause hazardous conditions.
  - Kick boards, noodles, resistors and the large swim fins will **not** be allowed when lap swimming. Zoomers are allowed. See Pool times when using equipment is allowed
  - When taking a rest, please rest in a corner of the pool at the end. People cannot turn if someone is in the middle.
6. Lifeguards will be assigning individuals to a particular side of the pool. And will also be the one who designates lanes or circles. **DO NOT** change to lanes or circles unless the lifeguard asks you to do so.