

Lap Swim Etiquette

Lap Swimming

1. Lap lanes are reserved for those persons wishing to swim laps undisturbed. Swimmers must enter the lap pool from the ends of the lanes only. Please inform others that you are entering the lane and ask the preferred method of sharing (split lane or circle swim). Always swim complete laps of the pool, please stop only at turning walls and move to the side to allow others to turn and continue. Once lap swimming is complete, please exit your lane (at the wall) so others may enter.
2. Lap swimming is only permitted in the lap lanes. There is no lap swimming allowed in the recreation area of the pool.
3. Lap lanes are intended for multiple swimmers. Lap swimmers are encouraged to share lanes with others at a similar pace and select an appropriate lap swimming pattern such as circle swimming (counterclockwise near the lane markers and pass in the middle, stay to the right.). It is not uncommon to swim four or more people to a lane if a similar pace is used. Lap swimmers may be asked by aquatics staff to move to another lane to more closely match swimming pace. **GAFC staff may ask patrons to share lanes when pool accommodations are limited.**
4. If you would prefer not to share a lane, please consult with staff about times of day with the least amount of pool traffic. When traffic is high the sharing of lanes is required.
5. Hanging on the lane lines and swimming through lap lanes is prohibited. Patrons will be asked to leave who repeatedly disrupt lap swimmers.

Split Lane Swimming

1. When two swimmers are sharing a lane they can either circle swim or split lane swim. Split lane swimming is when each person uses half of the lane with the bottom line being the divider. This method is beneficial when each swimmer is operating at a different pace.
2. Be considerate of your lane mate and do not swim strokes that may increase the risk of contact, for example Butterfly.
3. Sometimes inadvertent contact can occur during split lane swimming so use good awareness when passing your lane mate.

Circle Swimming

1. When 2 or more swimmers are using the same lane the circle swim method is most beneficial. Individuals should swim in counterclockwise circles within the lane.
2. Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason.
3. Always start, turn and finish at the wall.
4. Allow faster swimmers to pass by stopping at the wall.

Passing

1. If you need to pass in your lane, tap the swimmer's foot.
2. If your foot has been tapped, slow down and slide over as close to the lane rope as possible.
3. If the indication to pass has occurred right before the wall, pause in the right hand corner and allow the other swimmer to make their turn.
4. If you are the passing swimmer, pass on the left after indicating your intent.
5. To pass several swimmers in a lane, the faster swimmer can move to the other side of the lane and change direction. This pass can only be made after the space is clear and the swimmer will be slightly ahead of the line once they have turned around.
6. Faster swimmers should give slower swimmers an extra lead before starting.
7. If you encounter a problem with a fellow swimmer, please notify a lifeguard immediately.