

# Lap Swim Etiquette

*This Lap Swim Etiquette is provided to assist new 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. Happy Swimming!*

## Lane Designations

1. When the pool is busy, swim lanes will be shared.
2. Make note of lanes that contain fast, medium, and slow swimmers.
3. Select a lane compatible with your preferred swimming speed.

## Entering the Water

1. Enter the water feet first from the shallow end.
2. It is the responsibility of the swimmer entering the water to make sure the area is clear of any other swimmers.
3. If there are swimmers approaching the wall as you are preparing to enter, wait until they have turned and started the next lap before entering the water as not to interrupt their progress.

## Sharing the Lane

1. If there are two swimmers in a lane, the lane may be split. This means that each swimmer stays on their side of the black line in the center.
2. If there are more than two people in the lane, all swimmers in that lane should circle swim. This customary traffic pattern is to stay to the right of the black line; that is to swim in a counterclockwise oval in the lane (see diagram that follows).
3. It is the responsibility of the swimmer entering the lane to be sure that all the other swimmers in that lane are aware of his/her presence and the necessary traffic pattern.
4. Avoid stopping in the middle of the lane, this can interfere with the progress of the other swimmers and cause collisions.
5. Stop only at the wall and once stopped stay in the corner of the lane. Other swimmers need space to turn. Always leave the middle 1/3 of the wall clear.

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## Speed

1. Slower swimmers must yield to faster swimmers.
2. Be aware of your space in the lane and orientation of others. If you are approaching the wall and another lap swimmer is swimming at a faster pace and fairly close, pause at the wall (in the corner) to allow the faster swimmer(s) to pass you.
3. Slower swimmers starting a set should wait to push off the wall until faster swimmers have passed (i.e. don't push off right in front of a faster swimmer).
4. Faster swimmers starting a set should give slower swimmers as much "running room" as possible before pushing off.
5. Try to select or negotiate workout routines complementary to others in the lane. For example, a set of short backstroke sprints may be difficult to weave in with others who are already doing a long freestyle set without interfering with each other.

## Passing

1. Pass on the left hand side. If you are the slower swimmer and being overtaken at the turn, stop and wait until the swimmer has pushed off the wall.
2. A pass should be initiated in time to over-take the slower swimmer before the wall.
3. When using a kickboard, please be aware of the other swimmers in your lane and their needs to pass.

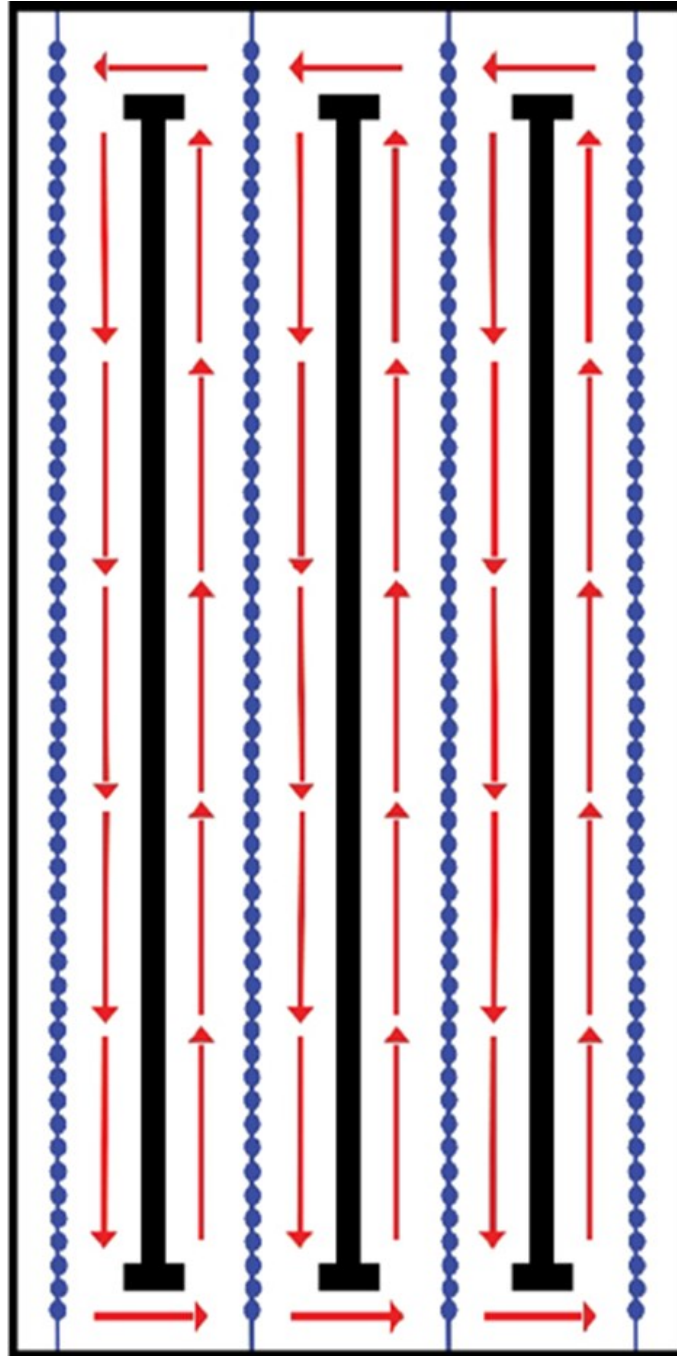
*Swimmers of all speeds and abilities are welcome at Lap Swim! More experienced swimmers are encouraged to help new swimmers to "learn the ropes". Please be kind and courteous to all swimmers and remember, we were all beginners at one time.*

*See Circle Swim Diagram on next page.*



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# Circle Swim Diagram



*When sharing a lane with others, keep RIGHT,  
and swim in a circular pattern as shown.*