

# MJCC LAP SWIM ETIQUETTE

**For everyone's safety and equal enjoyment of our facilities, we appreciate your attention to the following:**

## **SHARING LANES IS REQUIRED.**

1. A lifeguard will help you find a lane to best match your speed if needed.
2. When sharing a lane with one other person, establish whether you would both rather split the lane or circle swim.
3. When sharing a lane with two or more swimmers, you must circle swim.
4. During lap swim, one lap lane may be used by those doing water jogging/walking or other exercises.
5. When passing: pass on the left and alert the person in front of you by tapping his/her foot before passing.
6. When sharing a lane, be aware that wider strokes may need to be modified when passing to ensure everyone's safety.
7. If you need to rest on the wall, please move to a corner of the lane rather than the middle to make it easier for other swimmers to move around you.
8. Slower swimmers should allow faster swimmers to pass.

## **SPLITTING A LANE**

Each swimmer takes one side of the lane (right or left) and swims only on that side.

## **CIRCLE SWIMMING**

Swimmers stay to the right-hand side of the lane both directions, passing with caution to another swimmer's left if necessary.

## **SHOWERING**

Please shower before entering the pool. A quick rinse before you swim is better for your skin and our pool. Rinse \* Swim \* Repeat

**Please don't hesitate to ask a lifeguard for help. They are here to ensure a safe and enjoyable environment for everyone.**

