

Lap Lane Etiquette

Lap swimming can be enjoyed by many patrons at the same time. We recommend ten swimmers in each 50 metre lane for an optimal workout and swimming experience. To maintain order, we must agree to observe lap swimming etiquette. Do not inhibit the progress of others sharing the same lane as you. In OCBC Aquatic Centre, lanes are labelled to facilitate traffic flow in water.

- a) Open Swim: recreational swimming
 - b) Slow: Laps slower than 3 minutes
 - c) Slow/Medium: Laps slower than 2 minutes
 - d) Medium/Fast: Laps faster than 60 seconds
 - e) Fast: Laps faster than 45 seconds
- Swimmers may be reallocated to an appropriate lane by lifeguards when necessary.

❖ Entering the pool:

- Take note of lanes marked- “slow” “slow/medium”, “medium/fast” and “fast”.
- Select a lane most suitable to your swimming speed.
- Approach a lifeguard for assistance should you need help selecting an appropriate lane or the lifeguard could ask you to move if your speed is not similar to those in your lane.
- Always enter the water feet first and be clear of other swimmers who are already occupying the lane. If there is a swimmer approaching the wall as you are preparing to enter, wait until they have started their next lap before entering

❖ Passing:

- If you need to pass in your lane, move up to the swimmer and tap his/her foot. It is inappropriate to grab, pull, or tickle the person. A tap is a clear indication of your presence and intent to pass.
- If your foot has been tapped, there is no need to stop. Slow down and allow the swimmer to overtake.
- If the indication to pass occurred right before the wall, pause at the wall in the right hand corner to allow the swimmer to advance through his/her turn.
- If you are passing a swimmer, overtake on the left after you have indicated your intent by tapping his/her foot.
- A pass must be initiated in time to overtake the slower swimmer before the wall. In a case of ambiguity approaching the turn, the swimmer whose head is closest to the wall has the right of way and the swimmer whose head is behind must stop the turn in the interest of safety.
- Slow swimmers starting a set or swim should wait until faster swimmers have passed and push off to begin theirs.

❖ **Common Courtesies:**

- if the pool is busy, those swimming in lanes by themselves or with one other person may want to stay circle swimming (refer to diagram 1 in Appendix).
- Always start, turn, and finish at the wall. This will enhance your fitness and keep clear communication within the lane.
- When switching lanes, exit the lane at the shallow end, walk to the desired lane, and enter feet first. Never slip under a lane rope to switch lanes; this is dangerous and disruptive to the traffic pattern in the lane being entered.
- Smile and enjoy your workout. When we work together, lap swimming can be a wonderful experience for all levels of needs and fitness.
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❖ **Circle Swimming (refer to diagram 1 in Appendix):**

- Unless the lane has only two people in it that would rather split the lane, circle swim.
- The customary traffic pattern of staying to the right. This means swimming in a counter- clockwise circle in the lane.
- It is the responsibility of the swimmer entering the lane to be sure all other swimmers in that lane are aware of his/her presence and the desired or necessary traffic pattern before any swimming is started by that patron. This may take a few minutes, so be patient.
- Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason, as this can interfere with others progress and cause collisions.
- Stop only at the wall, and once stopped, stay in the corner of the lane, preferably the left hand corner (from the perspective of the approach to the wall). Other lap swimmers need space to turn. Always leave the middle of the wall clear for turning purposes.
- Be aware of your space in the lane and the orientation of others.
- If you are approaching the wall and another lap swimmer is swimming at a faster rate than you are, pause at the wall to allow the faster swimmer to pass.
- If more than one swimmer is getting congested behind a slower swimmer, the lead should stop at the wall and let all the others advance before pushing off the wall to continue his/her swim.

Appendix

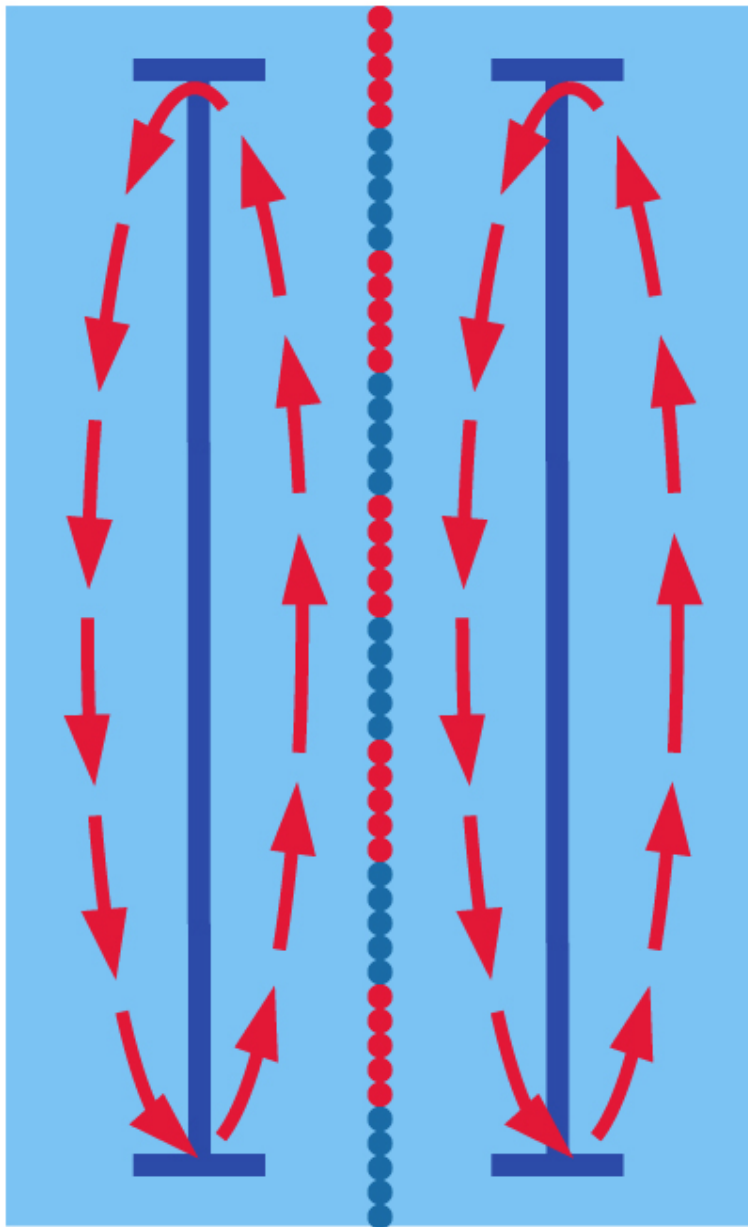


Diagram 1: Circle Swimming