



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bennington Recreation Center

Lap Swim Etiquette and Circle Swimming: To avoid conflict and to make everyone's swim experience more enjoyable, please adhere to the following Lap Swim Etiquette. We thank you in advance. -The Aquatics Department

Lane Designations:

- When the pool is busy, swim lanes will be shared.
- Make notes of lanes that contain fast, medium, and slow swimmers.
- Lifeguards monitor the lanes and may alter the configuration at any time.
- Select a lane that is compatible to your speed and ability.
- Lifeguards at anytime may assist you with selecting a lane or ask you to move if your speed is not met for the lane.

Entering the Water:

- Enter the water feet first at the shallow end of the pool.
- 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 so as not to interrupt their progress.

Circle Swimming:

- Swimmers are required to follow the circle swim pattern. **Splitting the lane is prohibited when there is more than 2 swimmers.**
- **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.**
- Always swim complete laps of the pool and avoid stopping in the middle of the lane.
- Stop only at the wall and stand in the left corner of the lane out of the way of oncoming swimmers.

Speed:

- Slower swimmers must yield to faster swimmers.
- If you are approaching the wall and another swimmer is gaining on you at a faster rate, you are to pause at the wall and allow the other swimmer(s) to pass.
- Provide adequate distance between you and the swimmer ahead of you. Example: When starting wait until the swimmer in front of you gets to the flags before departing the wall.

Passing:

- Pass on the left-hand side. If you are the slower swimmer and being overtaken at the turn, stop and wait until the other swimmer has pushed off the wall.