LANE SWIMMING ETIQUETTE

Swimming lanes are provided for everyone's benefit. Please be aware of the needs of other swimmers and follow the guidelines listed.

- Swim in your pre-booked lane. The following times are a guide for lane pace:

  Fast Lane – Maximum 30 seconds per length
  Medium Lane – 30 second to 1 minute per length
  Slow Lane – Over 1 minute per length

- Swim in single file only, to prevent collisions and lane clogging.
- Do not overtake swimmers in your lane.
- Do not stop at the end of the lanes. If you need to stop, please stay to the corner facing away from the pool and limit time spent there.
- Refrain from using butterfly.

Lifeguards are here to keep you safe and to ensure the guidelines are adhered to. Don't be offended if they suggest you are not following the guidelines but consider your actions within the lane for the benefit of everyone's swim.

THANK YOU FOR YOUR CO-OPERATION

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