

PENN BROOK

Lap Lane Etiquette

To ensure your lap swimming session is an enjoyable one, please observe the following lap lane guidelines.

— Please ensure you are aware of the lap lane signs and swim in the appropriate lane.

— Select a lane based on your ability, the speed of others in the lane, and the stroke(s) you intend to swim during your visit.

— While swimming, keep to the right of the lane, (like a car on a road) **this is known as “circle swimming”**. If only two swimmers are in a lane, you can also **“split the lane”** where one swimmer is always on one side of the black line while the second swimmer always remains on the other side of the black line (**see diagram**).

— In order to pass a swimmer in front, swim past on the left (like a car would pass on the road) ensuring that there is room to pass without interfering with oncoming swimmers.

— If you are regularly being overtaken or overtaking other swimmers please move to a lane more appropriate to your speed.

— Please do not be offended if a lifeguard asks you to move to another lane.

— Stay aware of other swimmers to avoid collision.

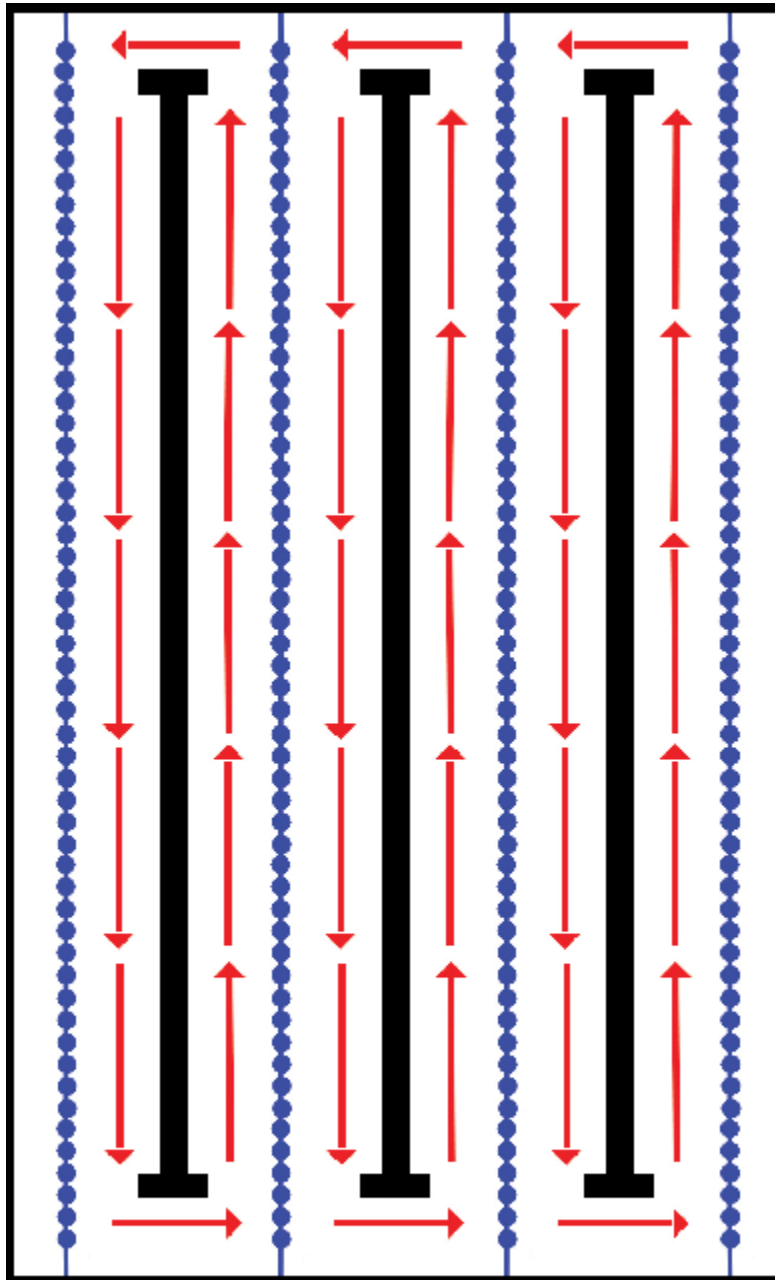
— Allow 5 to 10 seconds between yourself and the swimmer ahead of you.

— When waiting at the end of the pool, move across towards the corners of the lane to allow other swimmers to continue swimming laps. Do not stop in mid-pool, or at an end, stand in the middle of the lane.

— During peak times (early morning & late afternoon) the lap lanes can be crowded. Where possible, swim during off-peak times (mid day). Please see the front desk for information on upcoming events.

— Please bring your patience along with your goggles.

Diagram of Circle Swimming for Lap Swimmers



Circle Swim Diagram

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