

LAP SWIMMING ETIQUETTE

Riverton & Cannington Leisureplex have suitable space for lap swimming at a variety of different skill levels and abilities. These designated lap lanes are available for use by swimmers throughout the day, which results in shared lanes and large amounts of swimmers at different times. Choosing the best lap lane for you can seem daunting so we have developed the guide below and have signage in our facilities to assist you with the decision.

Choosing a lap lane

The lap lanes have a sign placed at one end which will assign if the lane should be used by swimmers at either a Fast, Medium or Slow place, or if water Walking can be undertaken. The patrolling lifeguard will monitor these lanes, especially during these peak periods, and may approach and request that you switch lanes to avoid collisions and confrontations.

Slow Lane	over 90 seconds per 50m
Medium Lane	under 90 seconds per 50m
Fast Lane	under 60 seconds per 50m
Walking Lane	walking only, swimming not permitted

So now that you've chosen your lane on your perceived pace and intended activities, how do you keep the ball rolling to ensure that you and the person sharing the lane have a safe and satisfying swimming experience?

#1 Keep Left

Avoid the centre and swimming into someone else, stick to the left-hand side of the central black line and swim in a clockwise direction.

#2 Swim the full length

Try not to stop in the middle of the lane. If you find you are stopping, consider a slower pace and changing lanes to avoid a traffic jam.

#3 Let faster swimmers past

Remember, the faster swimmer has right of way. Let them pass by briefly stopping at the end of the lane. If you are changing to a slower stroke/activity (e.g. breaststroke and kickboard laps) consider changing lanes for those laps.

#4 Overtaking

Avoid overtaking mid-lane to reduce the risk of a collision. Alert the swimmer in front of your intent to overtake by gently tapping their feet and pass them at the end of the lap – it wouldn't be amiss to give a quick "Thank you" before pushing off for your next lap.

#5 Allow space

Remember to give the overtaking swimmer, or the swimmer in front at least 5 - 10 seconds gap before you push off the wall for your lap.

#6 Keep the lane end clear

Whether you are resting and catching your breath, letting a faster swimmer pass or hopping in for your first lap, position yourself next to the lane rope on the left-hand side of the lane end. This will free up the centre for swimmer wishing to tumble turn or swim continuous laps.

#7 Exiting the pool

There are two ways to exit the lane/pool; lifting yourself out or moving to the ladder at the side of the pool. When lifting yourself out, keep the side of the lane. When moving to the ladder be aware and courteous of swimmer in the other lanes and move across safely, dipping under each lane rope.

<https://www.swimming.org.au/swim-articles/lifestyle-lane-swimming-etiquette>