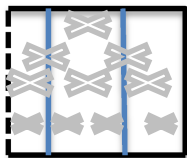


Suggested Lap Lane Etiquette

1. Lap lanes are for continuous lap swimming only
2. Swimmers are encouraged to swim in their own lane.
 - Due to the different levels of swimmers, at this time we do not use circle swimming.
3. Adults have priority for lap lane use.
 - If lap lane use is especially heavy, (all lanes full, adults waiting) the younger swimmers are asked to defer to the adult swimmers.
4. Try not to splash swimmers in adjacent lanes
5. The Lap lane section can support up to 3 swimmers comfortably but up to 5 swimmers if really necessary. To enter a lap lane, check with the swimmers already in the lanes as to where they want you to swim.
 - The lap lanes are set up to the right of the lane rope line. On the pool bottom there are two painted lines.



- 1 person swimming, often swims between the two lines
- 2 people swimming, each often swims above the painted lines
- 3 people swimming, each person swims between the painted lines
- 4 of 5 swimmers - ONLY when lots of people are waiting to swim, do they squeeze in.

ALWAYS ASK THE SWIMMERS BEFORE YOU ENTER WHICH LANE THEY WANT YOU TO USE. Swimmers have their favorite lanes but may not be swimming in that lane if they are the only one swimming. They also have lanes they don't like to use and will often wait to enter the pool until that lane is open.

6. **Stopping** - If you are going to stop while lap swimming, or if you are finished, only stop at the wall (preferably in the shallow end). Please, if swimmers are waiting to get in or if the lanes are already full of swimmers get out of the lap lane area.
7. **CHSC has** kick boards & pull-buoys in the container by the dressing rooms that swimmers can use. Please return them after you use them.

Suggested Etiquette for non-lap swimmers

1. Do not interfere with lap swimmers by crossing or swimming under the lap lanes.
 - o Ask permission from the lifeguard to cross to get to the deep end.
 - o Wait until swimmers have swam past you and make sure there is no one in the lane you will disturb while crossing.
2. Toys must be kept out of the lap lanes. When playing catch, throw lengthwise so if missed it does not go into the lap-lane area.
3. Do not hang or sit on lane rope lines.
4. Not in Lap Lanes: Someone doing water aerobics, water running, socializing, toys, people not swimming laps.