# RECREATION CENTRES LANE SWIM ETIQUETTE

#### CHOOSE THE CORRECT LANE

Choose the lane that best matches your skill level.

If you are continually passing others or being passed, please move to a different lane. If a faster swimmer joins your lane, move to a lane that's a better fit.

#### SHARING LANES

Other swimmers in your lane? Talk to each other and decide how to swim. Two swimmers? Pick sides or circles. More swimmers? Stay to the right of the solid line. Always stay to the right and circle left, swimming in a counter-clockwise pattern.

#### LEAVE SPACE

Be considerate and make sure there's enough space for everyone. If you take a break, move to the corner or the side of the lane to allow others to continue swimming.

### PASSING ETIQUETTE

If you're the faster swimmer in your lane, make sure it is safe and then pass on the left. Watch for oncoming swimmers. Pass slower swimmers on the left, inside of the lane. If being passed, allow the other swimmer to do so safely.

#### SAFETY FIRST

Always prioritize safety. Pay attention to your surroundings. Stay within your abilities and follow lifeguard instructions.

## ENJOY YOUR SWIM!



Edmonton