

Lap Lane Etiquette

1. Pick the most suitable lane to swim in:

	50m Configuration	25m Configuration
Slow Lane	90 seconds + per lap	45 seconds + per lap
Medium Lane	60 to 90 seconds per lap	30 to 45 seconds per lap
Fast Lane	less than 60 seconds per lap	less than 30 seconds per lap

2. Swim to the left of the lane/black line at all times.
3. When at the end of the lane, ensure you keep to the side to allow other swimmers room to turn - do not block the wall.
4. If overtaking mid lap, 2 gentle taps on the foot of the swimmer ahead is an indication you are going to overtake. If you are about to be overtaken, move to the side at the end of the lane and let the swimmer pass before continuing your lap.
5. Only overtake mid lap if safe to do so (no swimmers coming in opposite direction).
6. Swimmers with flippers should only swim in the medium or fast lanes.
7. Do not stop swimming mid lap (unless physically required to do so).
8. Physical intimidation of other swimmers (deliberate grabbing or pushing) will not be tolerated.
9. If you would not like it to happen in your lane when lap swimming, then don't do it!