

LAP SWIM ETIQUETTE

1. When pushing off the wall, swimmers should leave adequate space between other swimmers and be careful not to push off directly in front of someone else. It will be clear to other swimmers that you are resting if you stop on the wall on the left side of the lane. Swimmers not planning to stop will move to their left to pass on the wall and push off on the right side as their direction changes.
2. To pass another swimmer move to the left, past them, and move back to the right. Faster, more experienced swimmers should watch out for slower swimmers. This means that the slower swimmers including **water walkers** have the “right-of-way”, much like pedestrians. Slower swimmers still need to follow lap swim etiquette but faster, more experienced swimmers should be able to pass without the slower swimmer having to worry about being in the way.
3. Sometimes it can be difficult or uncomfortable getting someone’s attention so that you can share the lane with them. To be effective, start by standing near the lane in hopes that you will be noticed. If you are not noticed, or you are unsure, put your feet in the left side of the lane (in the same place you would stop to rest). By this time, you should have received a sign of acknowledgement from the other swimmer, whether it be stopping to speak with you, moving and staying on one side of the lane, or swimming circles.
4. Understand that swimmers may not want to stop to converse because they are in the middle of a workout, but some sort of sign should be recognizable. If you are still unsure, begin swimming, but be cautious until you are sure the other swimmer has noticed you.

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