

Lap Swim Etiquette Quiz

Turn in your quiz with all correct answers to Becky Celver, the aquatic director, and I'll give you a YMCA logo swim cap-while supplies are available.

- 1. When someone comes to join your lane, and you are almost done you should:**
 - a. Tell them you are almost finished, and expect them to wait until you get out
 - b. Move to one side of the lane so they can begin their workout
 - c. Swim down the middle of the pool with your wide and messy stroke to deter them
 - d. Ignore them and hope they will bother someone else

- 2. When all lanes have two people per lane you should:**
 - a. Wait until someone finishes their workout and gets out
 - b. Leave
 - c. Circle swim with the lane of swimmers who seem to match your speed

- 3. How should you get someone's attention when you would like to share a lane with them or circle swim?**
 - a. Stand near the lane,
 - b. put your feet in so they notice you
 - c. get in on the left side until they acknowledge you by saying something, moving to one side, or circle swimming
 - d. All of the above are great options
 - e. Don't bother communicating with them, just begin swimming.
 - f. Jump in and swim down the center of the lane, they are bound to notice you.
 - g. Yell at them

- 4. How do you swim circles effectively?**
 - a. Watch the black center line on the bottom of the pool and stay on the right side of it.
 - b. Leave adequate space between swimmers.
 - c. Pass on the right, or at the walls when the other swimmer stops.
 - d. Rest on the left side of the lane, so other swimmers know you are resting and can move to the left to push off on the right.
 - e. All of the above.

- 5. Who has the "right-of-way" when swimming circles?**
 - a. The fastest swimmer
 - b. The slowest swimmer
 - c. Person with the widest stroke
 - d. Always the person swimming butterfly.

- 6. Are children allowed to use the lap lanes?**
 - a. No, never.
 - b. Yes, always
 - c. Exceptions may be made for young adults who are proficient lap swimmers as determined by aquatic staff.

7. Are water walkers allowed to use the lanes?

- a. No, never
- b. Yes, water walkers should follow the same lap etiquette as lap swimmers
- c. Exceptions may be made

8. Choose the appropriate attitude(s) for lap swimming at the YMCA.

- a. I was here first, and this is my lane.
- b. I pay for a membership and should get my own lane
- c. I dislike swimming circles and will always avoid it
- d. I dislike sharing a lane and will always avoid it
- e. We are all members and can share the lanes successfully; we might even meet new work out partners
- f. Everyone has the right to swim in a lap lane no matter what the circumstances are when they show up
- g. "Good to see you, please share this lane with me"

9. Choose the attitude(s) that best describes you.

- a. I was here first, and this is my lane.
- b. I pay membership and should get my own lane
- c. I dislike swimming circles and will always avoid it
- d. I dislike sharing a lane and will always avoid it
- e. We are all members and can share the lanes successfully, we might even meet new work out partners
- f. Everyone has the right to swim in a lap lane no matter what the circumstances are when they show up
- g. "Good to see you, please share this lane with me"

Name _____

Phone or email address _____

Please watch for "Lap Lane Etiquette" posters and flyers to find the correct answers. You may also contact rcelver@seattlemca.org, or talk to any aquatic staff.