

# RULES OF THE ROAD FOR LAP SWIMMING

Several people can fit in one lane if proper etiquette is observed

- ✦ Check out the speed of the other swimmers and select a lane that is appropriate for you. Then notify the swimmers in that lane that you will be joining them.
- ✦ With two swimmers per lane, swimmers may opt to keep to the one side or the other of the lane.
- ✦ Three or more swimmers in a lane must circle swim, keeping to the right at all times.
- ✦ If there is a workout set in progress, a swimmer may enter that lane only as part of that set.
- ✦ Swimming within a lane is by agreement of the majority. Swimmers should arrange themselves in a speed order, fastest to slowest.
- ✦ Slower swimmer should yield themselves to faster swimmers.
- ✦ Make sure your sidestroke kick stays in its own lane.
- ✦ Push off underwater to avoid making waves for oncoming swimmers
- ✦ Keep fingernails and toe nails trimmed.
- ✦ Don't stand in front of the pace clock
- ✦ Don't interrupt a workout sets
- ✦ At all times be aware of what's going on in your lane. If a swimmer behind you looks as though she or he may overtake you on the next lap, stop and wait at the wall. Let that swimmer pass first. (If this happens frequently, you're probably in the wrong lane.)
- ✦ If you need to stop, squeeze into the left corner of the lane so that other swimmers have ample room for turns. Likewise, at the end of a set, squeeze left so other swimmers can swim into the wall.

