

Lap Swimming Rules & Etiquette

All members enjoy their time in the pool, either with their family or just swimming laps. Swimming is a great form of aerobic exercise. When swimming laps during busy times, it is best to avoid conflict and make everyone's experience more enjoyable. There is etiquette for lap swimming that we would appreciate all lap swimmers to follow. These rules will enable you and other lap swimmers to enjoy your visit to Tuckahoe Recreation Club.

General Lap Swimming Safety Rules

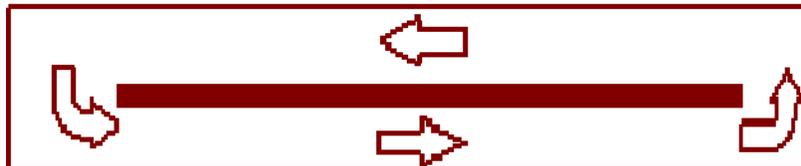
- There will be a minimum of 3 lap lanes available during the hours of 9am-3pm and 5pm-9pm Monday-Friday; 12pm-9pm on Saturday and 9am-9pm on Sunday. Other lanes may be made available based off other usage concerns (classes, diving boards, open recreation swim). Lap schedule will always subject to change.
- ALL LAP LANES are open for circle swimming.
- When the pool is busy, swim lanes will be shared.
- If getting into a lane which is already occupied, please inform the other swimmer(s) of your presence prior to starting.
- If there is a swimmer approaching the wall, wait until they have turned and started their next lap before entering so as not to interrupt their progress.
- Enter the lane feet first from the shallow end. Do not dive or jump into a lap lane.
- Join in, just like a car in traffic, but do not follow too close (two to five yards or meters spacing). Maintain a steady speed. Slower swimmers must yield to faster swimmers.
- Please do not stop in the middle of the lane.
- Be aware of other swimmers in the lane. Maintain a 10 ft. distance between yourself and the swimmer in front of you.
- Refrain from doing strokes with wide kicks and that take more than half of the lane space (Butterfly & Breaststroke).
- If needed, ask the lifeguard or Manager on Duty for assistance, they have the final say in the operation of the lap lanes.

Two Swimmers in a Lane



- Swimmers are required to follow the circle swim pattern. The customary traffic pattern is to stay to the right; that is to swim in a counterclockwise circle in lane.
- Select a lane appropriate to your speed (fast, medium, or slow).
- Swimmers sharing a lane swim on the right side, Stay on your side. The line on the bottom of the pool marks a no-man's land. When you reach a wall, turn and proceed back toward the other end of the pool, now on the "other" right.

Three or more Swimmers in a Lane



- Swimmers are required to follow the circle swim pattern. The customary traffic pattern is to stay to the right; that is to swim in a counterclockwise circle in lane.
- Select a lane appropriate to your speed.
- Swim to the right of the black line, in a circular pattern.
- Be sure to communicate with others in the lane to begin circular swim.
- Turn at the center of the lane to avoid collisions.
- Stop only at the wall and once stopped, stay in the corner of the lane, preferably in the left hand corner (from the perspective of the approach) to always leave the middle 1/3 of the wall clear for turning purposes.
- Move to another lane if you are too slow or too fast for the lane you're in.
- To pass a slower swimmer, pass at the end of each lap, after tapping the foot of the swimmer in front. The swimmer being passed should wait on the right side of the lane.