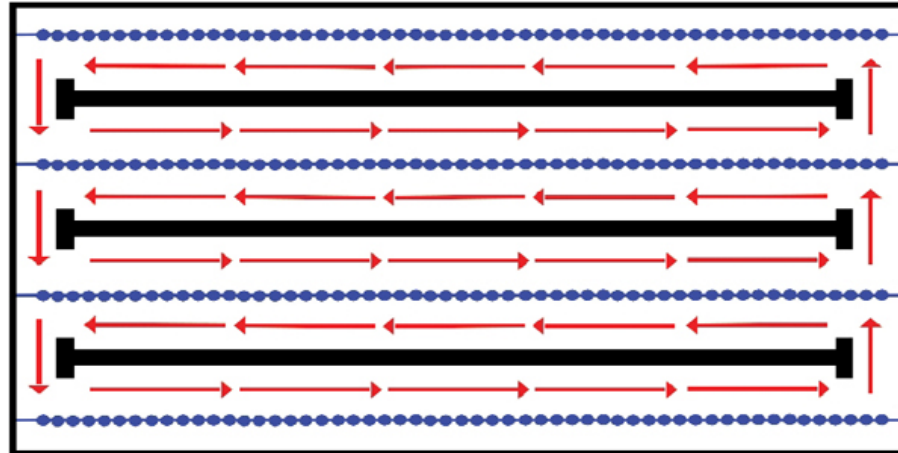


Pool and Lap Swimming Etiquette

Circle swimming is the default rule for all lap lanes when there are three or more swimmers present. Lap swimmers should swim counter-clockwise, staying to the right of the lane close to the lane rope. Swimmers must swim from one end of the lane to the other without stopping in order to use a lap lane.

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is everyone's
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One or two swimmers per lane:

1. Select a lane appropriate to your speed
2. Stay in one side of the lane line.

Three or more swimmers per lane:

1. Select a lane appropriate to your speed.
2. Swim to the right of the lane line, in a circular pattern.
3. Be sure to communicate with others in the lane to begin circle swimming. Make sure to let others know when entering the lane. Sitting on the pool's edge to get other's attention is a helpful way to do this.
4. Turn at the center of the wall to avoid collisions.
5. Move to another lane if you are too slow or too fast for the lane you are in.

To pass a slower swimmer:

1. Pass at the end of each lap, after tapping the foot at the swimmer in front. The swimmer being passed should wait on the right side of the lane.
2. If the left side of the lane is clear, pass swimmer on the left. Be sure there are at least five yards of clear water to the wall, before passing.

Reminders:

- Safe swimming is everyone's responsibility.
- Appropriate swim wear is required.
- All swimmers must shower before entering any pool.
- Be respectful of water-walkers and recreational users in the "open areas" of the pool.
- Use lap swim equipment (kickboards, flippers, paddles) with caution.
- Ask staff if there are any questions.



City of
Rockville
Get Into It

www.rockvillemd.gov/swimcenter

240-314-8750