

Circle Swim Pool Etiquette

Congratulations! You are just about to begin training. But before you do, a brief word about pool etiquette is in order. Every day more people are getting in the swim. Indeed, in many parts of the country, pools are filled to capacity. Acceptable capacity can often top out at 8 people per lane outside of a Swim Team workout. These people range in ability from rank beginner to accomplished athlete; from individuals who are focused completely on their own movement up and down the pool to those who are continuously aware of the position of every person in their lane. To avoid conflict, and make everyone's experience more enjoyable, a number of conventions have grown up over the years. Here they are in brief:

1. **Lane designations.** In our pool, lanes maybe designated as slow, medium, or fast. These are relative terms. Choose a lane compatible with your speed, then notify the others in the lane that you are joining them. If no lane designation is posted join the group most appropriate for your skill and fitness level.
2. **Swimming pattern.** If there are two of you in a lane, you may opt to keep to one side of the lane; the other swimmer will stay on the opposite side. Three or more swimmers in a lane must circle swim. The custom is to stay to the right that is to swim counterclockwise.
3. **Joining a workout.** If there is a workout set in progress, someone else in a lane, you may join only as part of the set. Wait at the wall and tell the other swimmer(s) that you are joining and agree upon splitting a lane or circle swimming.
4. **Speed.** Slower swimmers must yield to faster swimmers.
5. **Passing.** Pass on the left. Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop, and wait until the other swimmer has pushed off.

In addition, observing several rules of common courtesy will be helpful.

1. Do not block the view of the pace clock.
2. **Entering.** When you enter the water, never dive, jump, or push off into oncoming swimmers. Wait until they have made the turn and pushed off.
3. **Stopping.** If you need to stop, squeeze into the corner to the right of oncoming swimmers as you pace them, so they will have sufficient room to turn.
4. Push off underwater. This will reduce the waves encountered by oncoming swimmers.
5. At all times be aware of what is going on within your lane. Also try not to kick or swing your arms into another lane.
6. Keep your toenails and fingernails trimmed.