

# LANE SWIM GUIDELINES

**To participate in Lane Swim, you must be 13 years+ or be able to swim 200 meters continuously.**

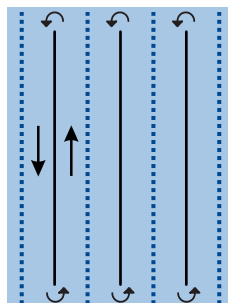
These Lane Swim guidelines provide swimmers with information on the etiquette and customs of swimming lengths with others.

1. When the pool is busy, swim lanes will be shared.
2. Select a lane compatible with your swimming speed and activity.
3. Enter the water feet first. If swimmers are approaching the wall as you prepare to enter, wait until they have turned and started the next lap before entering the water as not to interrupt their progress.

## Sharing The Lane

1. If there are 2 people in a lane, the lane may be split, meaning that each swimmer stays on their side of the black line in the center.
2. If there are more than 2 people in the lane, all swimmers in that lane should circle swim.

*Circle Swim is a customary pattern. It means to stay to the right of the black line by swimming in a counterclockwise oval in the lane (see diagram).*



It is the responsibility of the swimmer entering the lane to be sure that all the other

3. swimmers in that lane are aware of their presence and the necessary traffic pattern.

## Lane Descriptions

### RESTORATIVE

When using a belt, aquafit weights, rehab or water walking / jogging.

### LEISURE

When swimming lengths but will need to take regular breaks.

### MODERATE INTENSITY

When swimming continuous lengths with minimal breaks.

### HIGH INTENSITY

When swimming continuous lengths with almost no breaks.



Scan the QR Code to see our full pool schedule or visit <https://ymcanrt.org/activities/aquatics/>