

**CCSF PHYSICAL EDUCATION, ATHLETIC & DANCE DEPARTMENT
POOL
LAP SWIMMING RULES AND ETIQUETTE**

To ensure your safety, please abide by these rules.

For the safety of all pool users, the following rules have been established. All students/pool users are expected to adhere to rules and regulations. If violations occur or behavior and/or conduct endanger other pool users, the student/pool user will be asked to leave the facility. If you should have any questions regarding lap swim etiquette, contact the Aquatics Coordinator at (415) 452-4821.

Lanes are designated as slow, medium or fast. Choose a lane compatible with your speed, and then notify the others in the lane that you are joining them. When there are three or more swimmers in a lane, circle swimming is required.

Swimming pattern: If there are two persons in a lane, you may opt to keep to one side of the lane; the other swimmer will stay on the opposite side (1st swimmer chooses side). Three or more swimmers in a lane must circle swim. The custom is to stay to the right, which is to swim counterclockwise.

Speed: Slower swimmers must yield to faster swimmers. Slower swimmers should wait to push off the wall until faster swimmers have passed (i.e. don't push off right in front of a faster swimmer who's coming into the wall about to turn, as this blocks the faster swimmer). Slower swimmers should push off almost immediately behind a faster individual or group, thus extending the time until they are lapped again and need to stop.

Passing: Pass on the left and be aware of on-coming swimmers. If you need to pass in your lane, move up to the swimmer and tap his/her foot. It is inappropriate to grab or pull the person, but a tap is a clear indication of your presence and your intent to pass. A pass must be initiated in time to over take the slower swimmer before the wall, otherwise there exists a strong potential for a collision as both swimmers attempt to turn at the same time. If you are being overtaken at the turn, stop and wait until the other swimmer has pushed off.

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.

Stopping: When resting at the wall, move to the outside corner of the lane, so other swimmers will have sufficient room to turn.

Push off underwater if possible. This will reduce the waves encountered by oncoming swimmers. Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason; this can interfere with other's progress and cause collisions.

At all times be aware of your space in the lane and the orientation of others. Please modify your stroke to avoid collisions. Also try not to kick or swing your arms into another lane.

If you use kickboards or pull buoys, please put them away when exiting the pool.

Please be courteous and responsive if you are asked to move lanes by a lifeguard or instructor. Lifeguards and instructor have final say in lane placement if a problem arises.

If you have questions or concerns, the lifeguard or instructor on duty will gladly assist you.

Thank you!

Circle Swimming Information

- Circle Swimming is utilized to accommodate three or more swimmers using the whole lane; down and back on the right side of the lane.
- Circle Swimming is done by swimmers swimming in a counterclockwise direction within the lane. In other words, swimmers always stay on the right side of the lane, similar to cars on a road.
- Look at the speed of the swimmers in the lanes and select a lane that is most appropriate for you, then notify the other swimmers in that lane that you would like to join them.
- Keep to the right at all times.
- To avoid collisions only begin swimming when the other swimmers in the lane have been made aware of your presence. The best method is to get in the water and wait at the wall until the other swimmers come to you.