

Lane Guidance



Use common sense

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It is okay to overtake midway through a length, as long as it does not impede on a swimmer coming the other way.



Judge the pace

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Lanes are usually marked slow, medium and fast, but it is up to you to judge where you fit compared to other swimmers. This is monitored by lifeguards who may ask you to move into an alternate lane if required.



Follow direction signs

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Always check the directional signage and swim on the correct side of the lane.



Overtaking

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If you find you have been caught up by the swimmer behind, the best idea is to stop at the end of the lane and allow them to pass.



Turning at end of lane

Turning at the end of the lane

When turning, make sure you push off the wall on the opposite side of the lane.



Lane rage

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If someone becomes hostile, do not argue. Try politeness first, and then speak to a lifeguard if you have to. Swimming is the only place where a busy life and emails cannot get to us; it should be a calm place.



Resting at the end of a lane

Resting at the end of the lane

When you want a breather, by all means stop at the end and catch your breath. Stay tucked into the corner if resting between sets so other swimmers have room to turn and push off.