



the pickaquoy centre

Lane Swimming Etiquette

- Please select the correct lane based on your ability and stroke. Be aware of arriving swimmers and be prepared to move to a lane more appropriate, if necessary.
- When entering the water, never dive or jump, or push off into oncoming swimmers. Please wait until they have made the turn and pushed off.
- Please feel free to use the kick boards and pull buoys and return them after use.
- While swimming please swim in the direction of the arrows of your designated lane.
- When passing, wait and pass at the wall. Gently tap the foot of the swimmer ahead of you to indicate you wish to pass. Please do not swim around the swimmer as this may cause a collision with oncoming swimmers.
- When resting at the wall, please move to the outside corners of the lane to allow swimmers to turn easily at the wall.
- At all times please be aware of what is going on in your lane.
- Show courtesy and consideration at all times to your fellow swimmers.
- Maximum of 8 swimmers per lane.
- Please bring your 'patience' along with your goggles!



Thank you for your co-operation

