

# Lap Lane ETIQUETTE

**To make sure your lap swimming session is enjoyable; the following guidelines have been provided and will be enforced:**

- **At all times, please enter the pool feet first.**
- **It is the responsibility of the swimmer entering a lane to inform the current swimmer that they would like to share the lane.**
- **Current swimmers have an initial right-of-way, but not a right to “own” the lane indefinitely.**
- **When sharing your lane, please keep to the right side of the lane.**
- **If you have to move across any lanes, check both directions before moving.**
- **When resting at the end of the lane, move towards the corners of the lane to allow other swimmers adequate space to continue swimming.**
- **Goggles are encouraged.**
- **Walk-Run lanes will be provided whenever possible. If there are no designated Walk-Run lanes, please ask a lifeguard for the best location for a Walk-Run session.**
- **Please place equipment back in its appropriate location when finished.**

*RecPlex members and guests are required to strictly adhere to the above Lap Lane Policies, as well as the RecPlex Courtesy Code. Failure to do so will result in loss of user privileges.*



*Thank you for your cooperation!  
RecPlex Management*

