

Lap Swimming Etiquette

The YMCA of Ithaca and Tompkins County created the following guidelines so that lap swim can be a safe and enjoyable time for everyone in the water. These guidelines are particularly important during busy times. Thank you for your cooperation.

Before you enter the water:

Gauge the speeds of each lane and join swimmers similar to your speed. Lifeguards may assist you with selecting the appropriate lane.

While in the water:

Slowly enter the water feet first in the shallow end. Enter so as not to disrupt the continuous swim of others. **It is the responsibility of the swimmer entering the water to let the other swimmers in your lane know that you are joining them.** If you need assistance, please ask the lifeguard.

When joining other swimmers, wait on the side during one lap until all swimmers have noticed that you will join the lane. If you are unable to verbally get the attention of a swimmer, please gently tap them on the foot.

If you are resting, chatting, or stretching, please do so that you are not obstructing the lane end for other lap swimmers.

Passing other swimmers while circle swimming:

Attempt to notify other swimmers of your intent to pass; tapping a swimmer gently on the foot is a good way to get their attention.

If passing mid-lap, pass on the left hand side. Slower swimmers should slow down and move over as far as possible.

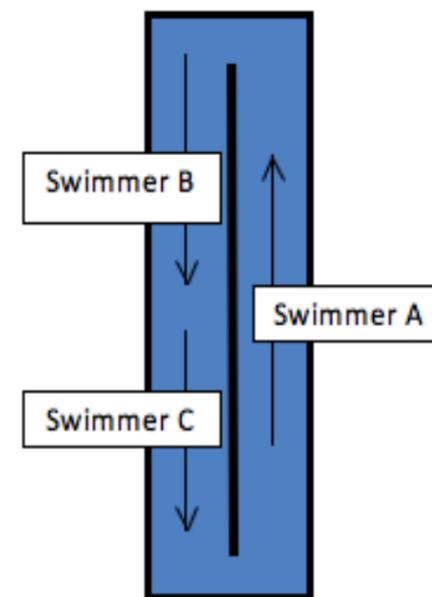
If passing at the wall, the slower swimmer should move to the right corner and should not push off until the pass has been completed.

If you dislike circle swimming, please avoid the peak times indicated in red on the pool schedule.

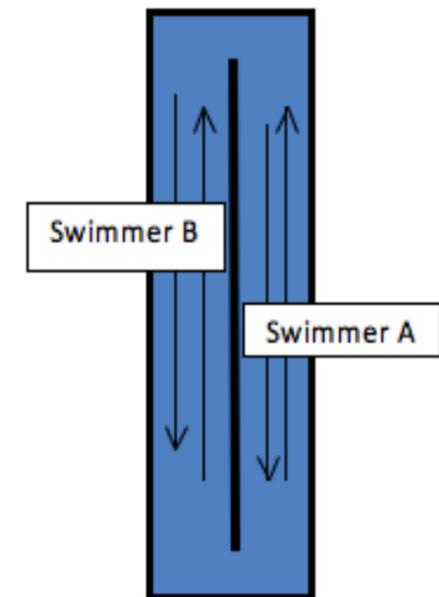
Please be aware of other swimmers who may be entering or crossing your lane. Some swimmers will need to cross lanes to get to and from the stairs. In case a lifeguard needs to get your attention, please be aware of the following whistle commands:

1 short whistle blast: Look up; a lifeguard may be getting your attention to reinforce a rule or to move lane lines.

1 long whistle blast: This indicates that all swimmers need to vacate the pool; it may be the end of lap swim or a response to an emergency.



Lap swimmers should circle swim when three or more people share one lane



Lap swimmers should "straight swim" when two or less people share one lane



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY