

Lane Swim Etiquette

The YMCA of Newfoundland and Labrador welcomes lanes swimmers of all abilities from the ages of 10 and over. These etiquette guidelines are to help ensure the flow of lane swim remains the most welcoming to our members. Whether you have been coming to lane swims for many years, or have just joined us as a new member, these guidelines will help make the most of your workout.

Please be courteous to each other, and remember - we were all beginners at one time!

Speed Designations

When lap swim is busy, swimmers should expect the lanes to be shared.

We offer lanes of different speed compatibility: slow, medium, fast. Please make sure to choose a lane based on your swimming speed and NOT on the number of people in a lane. This will prevent congestion or confusion if the swim should get busier.

Depending on the day, swim speeds may differ from standards posted. Please be mindful of the flow of the lanes and choose the lane that best matches your own speed.

Entering the Lane

It is the responsibility of the swimmer entering the lane to make sure all other swimmers in said lane are aware of their presence. Dangling your feet into the water to indicate your intent to join the lane is a good option too.

If possible, enter from the shallow or deep end wall - NOT the side of the lane. If you need to use the ramp, please make sure to wait for a gap in lane traffic flow to cross the pool.

Sharing the Lane

CIRCLE SWIM - Customary circle swim at the YMCA is to stay to the right of the black line in a lane. Swimming is in a counterclockwise oval pattern.

When more than one person is in a lane, you MUST circle swim to allow for the best traffic flow and to be welcoming to other swimmers wanting to join.

STOPPING - Only stop at the wall and once stopped, stay in the left-hand corner of the lane to allow other swimmers to turn. Always leave the middle and right-hand side clear.

Do not stop in the middle of the lane. This could cause collision.

STROKE - Be considerate of what stroke you are using when sharing a lane. Unless you are confidently able to ensure you will not collide with another swimmer, wide strokes like butterfly are best left for when you are alone in a lane.

Passing in the Lane

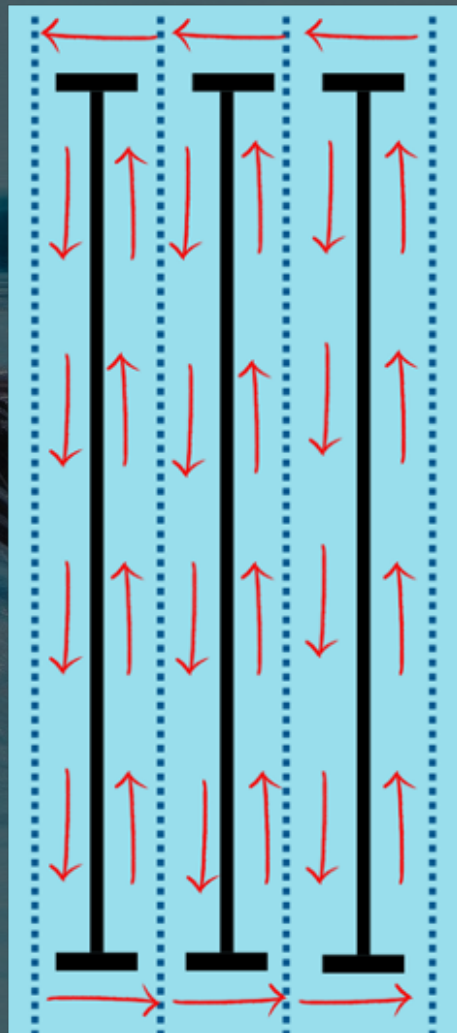
You may indicate your wish to pass by lightly tapping the foot of the swimmer ahead of you.

Always pass on the left-hand side and initiate the pass with enough time to overtake the slower swimmer before reaching the wall.

Slow swimmers must yield to fast swimmers. Pause in the corner of the wall to allow the faster swimmer to pass.

Give slow swimmers a head start before pushing off the wall.

Circle Swim Diagram



Summary

Choose a lane based on your swimming speed, Lanes are always shared.

Indicate your intent to join a lane. Enter from the shallow or deep end wall,

CIRCLE SWIM - Stay to the right of the black line in a lane. Swim in a counterclockwise oval pattern.

Pass on the left-hand side.

If you have any concerns about the traffic flow of a lane swim, please speak to a lifeguard on duty.

For more information, please contact info@nl.ymca.ca or call your nearest branch.