

## ALTEA LANE SWIMMING ETIQUETTE

- **Choosing Your Lane** – Select a lane based on your ability and stroke(s) you intend to swim during your visit. Lanes will be marked slow, medium and fast, but it's up to you to judge where you fit compared to other swimmers. Please adjust accordingly.
- **Swim To The Right** – Always swim to the right of the black line. Swim as close as you can to the lane rope to avoid colliding into oncoming swimmers. Turn on the centre of the wall at each end and move to the right as soon as possible.
- **Leaving Space** – Always swim at least 5–10 feet (or one body length) behind the swimmer in front of you, not on their feet.
- **Be Aware** – Always be aware of what is going on within your lane. Also try not to kick or swing your arms into another lane.
- **Resting** – During rest periods at the end of the lane, always stand in the right-hand corner to allow other swimmers to turn on the centre of the wall. Never stop in the middle of a length, or hang off the lane rope.
- **Let Faster Swimmers Through** – If a faster swimmer catches you during a length they will tap your foot, in this case, you should stop briefly at the next end and let them pass.
- **Passing Slower Swimmers** – If you catch a slower swimmer during a length, wait until the end of the length and turn ahead of the swimmer while they are at the wall. Please avoid tumble turns in this situation, and be sure to say thank you!
- **Changing Lanes** – If you are moving across any lanes, always check both directions before moving.
- **Entering** – There is absolutely no diving or jumping allowed. Please use the ladders provides, or slid in at the edge of the pool. Please be aware of other swimmers at all times.
- **Pushing Off Underwater** – This will reduce the waves encountered by oncoming swimmers.
- **Tumble turns** – Only use this maneuver if you are confident there is no one behind you because you might collide as they reach the end of the lane while you're still flipping over. If the coast is clear, make sure you exit the wall on the other side of the lane. The same applies to pushing off. If someone has paused at the end of the lane to let you pass, it wouldn't go amiss to skip the tumble turn and say thank you.
- **If in doubt, use common sense** – Lane swimming is generally about awareness of others rather than a set of rules. Be kind and polite while communicating with your fellow members or aquatics staff.