

SWIMMING ETIQUETTE IN THE SWIMMING LANES

We would like to remind all swimmers of the importance of respectful behaviour in the swimming lanes. Here are the guidelines to follow:

Choose a lane taking into account:

- The speed of the other swimmers present and your personal speed.
- The style of swimming you do (don't hesitate to change lanes for slower strokes such as breaststroke or practice with a kickboard).

Entering the pool:

- Enter the water away from other swimmers already occupying the lane.
- If swimmers are approaching the wall as you prepare to enter, wait until they have turned and started the next lap before entering so as not to interrupt their progress.

Circulation in the lanes:

- Swim on the right-hand side, close to the wave rope.
- Avoid swimming side by side, even if there are only two of you. The lanes must give the impression of being available for those arriving.
- Group training and private lessons are not permitted to ensure a smooth flow of traffic.

Passing: Before passing, please:

- Make sure there are no oncoming swimmers.
- Indicate your intention to overtake by making light contact with the swimmer in front of you.

Turns: When turning, push off the centre of the wall to the right side of the lane.

Breaks: Leave the centre of the lane free by standing in the corners.

If a swimmer is faster than you:

- Make sure you don't start a new length when that swimmer approaches behind you.
- Let the faster swimmers pass.

Respecting these rules contributes to a safe and enjoyable swimming experience for all pool users.