



the pickaquoy centre

Lane

Swimming Etiquette

(COVID update)

- Please select the correct lane based on your ability and stroke. Be aware of arriving swimmers and be prepared to move to a lane more appropriate, if necessary.
- When entering the water, never dive or jump, or push off into oncoming swimmers. Please wait until they have made the turn and pushed off.
- Kickboards and pull buoys will not be available, please bring your own.
- All swimmers to swim clockwise as per the signs of your designated lane.
- You can only overtake at the end of a lane, please be aware of other swimmers and let the person behind pass at the end of the lane if they are swimming faster than you.
- When resting for a short period, please move to the outside corners of the lane and look away, if you require longer to rest (more than 20 seconds) then please exit the pool and rest away from the pool edge.
- At all times please be aware of what is going on in your lane.
- Show courtesy and consideration at all times to your fellow swimmers.
- Always maintain physical distance in and out of the pool.
- Maximum of 7 swimmers per lane.
- Please bring your 'patience' along with your goggles!



Thank you for your co-operation

