

# Lane Etiquette

## Maximum 8 Swimmers per 50mtr Lane.

At all times:

- Select a lane based on your ability, the stroke(s) you intend to swim and the speed of others in the lane. Speeds are identified on each lane.
- If you are regularly being overtaken or overtaking other swimmers, please move to a lane more appropriate to your speed.
- Do not be offended if a lifeguard asks you to move to another lane.
- Turning space must be kept clear.

**Rest Spot #1** - Corner of lane against the wall (Yellow Witches Hat)

**Rest Spot #2** - On lane rope 1.5m from the wall (Acceptable practice for social distancing only)

**Rest Spot #3** - Underneath backstroke flags on lane rope

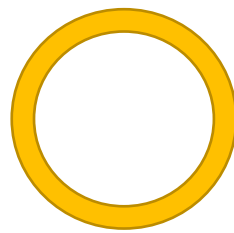
- If you have to move across lanes, check both directions before moving.
- Keep to the left of the lane in single file.
- Do not stop in the middle of the lane.
- No spitting or discharging of bodily fluid in the pool
- Walking/gentle exercise lanes will be provided whenever possible but may not be available during peak times.
- Lifeguards will not loan equipment during COVID 19 restrictions.

Our lifeguards are here to assist you. If you have any questions or concerns please ask us.





= Rest Point



= Rest Point

