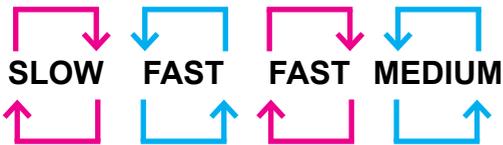


Lane Swimming

1. Picking the right lane

Before getting into your 'usual' lane why not take a few seconds to look at those already swimming?

During your swim you may find you need to change lanes if you are a much slower or faster swimmer than those in your lane.



2. Circle swimming

Please follow the lane directions at the end of each lane.

Swimming side-by-side will only be permitted in extremely quiet sessions.

3. Push off!

Look around you before pushing off the wall - is there a faster swimmer about to turn? If so, let them pass. Or if someone has just pushed off before you then be sure to leave them plenty of room before starting your length.



4. Stopping and Resting

Need a break? Then stand to the side of the lane to ensure other swimmers can still continue and to indicate you have stopped.



5. Overtaking

To avoid collisions the best place to overtake someone is at the wall. If you choose to overtake in the middle of the lane make sure you have enough room to do so before reaching the next wall, hogging the centre of the lane is unacceptable.

For those in a narrow lane, you must only overtake at the wall to avoid a collision.

6. Choice of Swimming Stroke

If you're swimming backstroke please:

- Swim close to the lane ropes
- Be aware of other swimmers
- Look out for the wall!

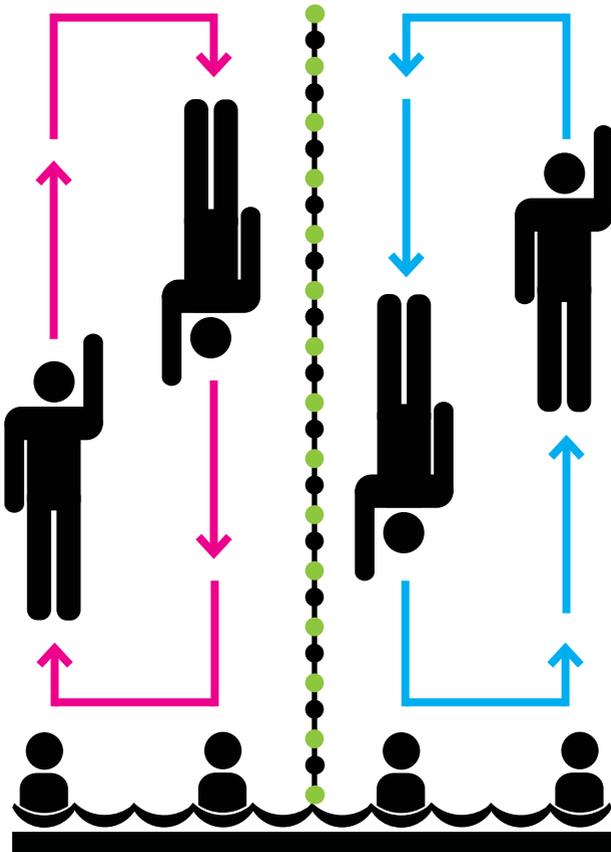


7. Groups

If you train in the pool with friends please show consideration to other individuals who are also trying to workout. Their water time is as equally important to them, as yours is to you.

8. Lifeguards

Our qualified lifeguards are on the poolside to keep all swimmers safe. They may ask swimmers to move to another lane to prevent collisions, please follow their instructions at all times.



We want all our swimmers to have an enjoyable and safe swim. Thank you in advance for following these simple tips to help improve everyone's time in our pools.