

WEST SACRAMENTO RECREATION CENTER

LAP SWIMMING ETIQUETTE



CONSIDER YOUR SWIM SPEED. SELECT THE LANE BEST SUITED FOR YOU.



IF THERE'S AN EMPTY LANE, SWIM IN IT.



IF THERE IS NOT AN EMPTY LANE, MAKE IT KNOWN YOU'RE ENTERING.



DETERMINE WHETHER YOU ARE CIRCLE SWIMMING OR SPLITTING THE LANE.



IF A SWIMMER TAPS YOUR FOOT, THEY WANT TO PASS.



REST ON THE SIDE OF THE WALL RATHER THAN THE MIDDLE WHEN SHARING A LANE.



SMILE... ENJOY...BE RESPECTFUL OF ALL!