

LAP LANE ETIQUETTE

Welcome to City of Walnut Creek Aquatics.

Below are helpful etiquette guidelines to enhance your swim experience.

- Throughout public swim hours lanes are reserved at certain times** to accommodate swim teams and city programming. During the following times, a number of lanes are dedicated to swim team practice: 5:30am-8:00am; 10:30am-1:00pm; 3:30pm-4:00pm & 7:00pm-8:00pm.
 - Additional times may be added for city programming.
- NO DIVING** – Please enter the pools feet first.
 - Do not dive from diving blocks or from edge of pool.
- Please choose a lane that meets your needs and your swim pace.** Especially during long course. Choose a lane in which current swimmers closely match your swim pace.
 - Rule of thumb...when lanes are busy or during practice times when lanes are limited, slower swimmers swim closest to the wall. Swim paces increase from that lane.
- Always announce your presence when entering a lane that is currently occupied.** Discuss with lane mate(s) if splitting or circle swim is appropriate
 - **Circle swimming REQUIRED during long course** = swim down right side of lane. Swim back on left side of lane (like driving a car).
- While swimming be mindful** that others may be entering the lane your are in. Allow the opportunity for another swimmer or staff member to interact with you.
 - Be advise, you may need to share the lane you occupy with others.
- If you must pass a swimmer do so at the wall** (remember be mindful of others sharing the lane with you) or pass while swimming down the lane.
 - If passing mid lane, please do not excessively kick in another swimmer's face to pass. Collisions are possible if passing mid lane. Be aware of who may be swimming towards you.
- Be aware** that contact with another swimmer in a lane next to yours or in the same lane is possible pending on your stroke technique.
- Be kind and courteous to others.**
 - If you are unsure of lane allocations or have questions please ask the front office staff.
- Lifeguards are on duty to recognize and respond to an emergency & provide care.** They are not on deck to police lanes.

No refunds issued for having to share a lane with other or having to move lanes.

