Forest Park Cabana Club

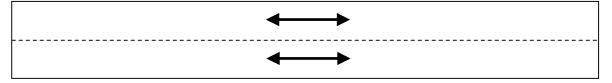
LAP LANE ETIQUETTE (at all times)

RULES

- 1. If there are more swimmers than individual lap lanes Lap Swimmers MUST SHARE THE LANE!
- 2. You **do not** have the right of refusal, just as with any other pool, you must share the lane.
- 3. Lap swimmers can be any age, as long as they are swimming back and forth in the lane. Parents accompanying their children in the lane, must also be swimming. Lap lanes are not for giving your children lessons or playing with toys.

PROCEDURE

- 1. Before entering the pool, you MUST communicate with the other swimmer(s) in the lane, that you will be joining them.
- 2. Discuss which Lap Lane Procedure you agree to use:
 - a) For **TWO** swimmers, you can either **Split the Lane** or **Circle Swim**
 - b) For THREE or MORE swimmers, you must Circle Swim
 - Split Lane: each swimmer swims back and forth on one side of the lane only, 'splitting' the lane between the two swimmers. Side preference goes to the first swimmer in the water.



• Circle Swim: like driving, always swim on the right-hand side of the lane. Always keep oncoming swimmers on your left-hand side.

