

## LAP SWIM ETIQUETTE - CIRCLE SWIMMING

Lap Swimming at Rinconada Pool involves *circle swimming*, whenever appropriate. Circle swimming is necessary when three (3) or more swimmers are attempting to swim laps in each lane.

Below is the Eightfold Path of Circle Swimming. *Courtesy* (and safety) is the name of the game.

1. It helps the flow of "traffic" if you swim in the appropriate lane. The orange cones at the end of each lane marked *S, M, F* refer to your swimming pace-- "slow," "medium," and "fast" respectively. The lifeguards can ask you to switch lanes if they feel your speed is too slow or too fast for the designated lane. The speed rule can be overlooked if there are two people per lane however as soon as third person enters the speed rule has to be observed.
2. If you are the third swimmer entering a lane, please alert the other two that you will be joining them. Circle swimming should then begin in a counterclockwise direction (just like driving a car).
3. Please give each swimmer in your lane "breathing room"-- ideally, swimmers should begin about 1/2 of a lap apart.
4. To pass swimmers, please tap their foot lightly indicating that you will be swimming around them. Then, move to the center of the lane and pass them. Once in front of them, safely move back into the right hand side of the lane.
5. If you are tapped on the foot by a swimmer behind you, maintain your pace or *slow down* slightly allowing the swimmer to pass. **DO NOT SPEED UP!**
6. When you feel the need to rest or take a break at the wall, please do so in either corner next to the lane line.
7. When using kickboards, please be (visually) aware of other swimmers in your lane and their needs to pass.
8. Always enter and exit a lane safely, being aware of other swimmers' presence.

Youth and teens will be admitted, at the regular fee, to lap swim as long as they are able swim continuous laps at all times. Recreational swimming will not be permitted during lap swim hours. Children age 10 and under must be supervised by a parent or responsible adult who is at least 18 years of age.

**All swimmers must exit the swimming pool 15 minutes after the shift ends.**

## Recreation Swim – Diving Rules

1. One person on the board at a time.
2. No double bouncing.
3. Forward action only.
4. Swimmer must swim to ladder upon surfacing.



### **Schedule:**

[www.city.palo-alto.ca.us/community-services/rec-swim.html](http://www.city.palo-alto.ca.us/community-services/rec-swim.html)

### **Swim Classes:**

[www.cityofpaloalto.org/enjoy](http://www.cityofpaloalto.org/enjoy)

## Recreation Swim - Pool Rules

1. Children under 7 years of age must be directly supervised in the water and within arms length by an adult 16 years or older. The adult must be in the water with the child.
2. All swimmers must wear swimsuits. Infants must wear swim diapers.
3. No floatation devices, fins, or hard balls are permitted, except for swimmers with disabilities. Swimmers with special needs are asked to inform the manager of such. No water wings.
4. Adult lap swimmers utilizing the lap lanes during rec. swim may use zoomers and kickboards as needed. There will be no swimming through the lap lanes by recreation swimmers.
5. All persons entering the facility must pay, *except* children under 2 years of age.
6. No re-entering the facility once a person has left. A patron must repay to enter.
7. No running on the pool deck
8. No bikes, rollerblades, scooters, or skateboards are permitted on the pool deck.
9. No dogs, cats or other animals/pets are permitted on the pool deck.
10. No fighting, roughhousing, chicken fighting, profane language, permitted in the facility.
11. No playing on guard chairs, lane lines, starting blocks or ladders.
12. No glass or breakable containers are permitted in the facility.
13. All food and drinks must be consumed in the designated areas.
14. Swimmers must be able to swim competently for 25 yards to enter the deep end and/or use the diving boards. Lifeguards will have sole discretion.
15. Infants and/or toddlers cannot be left unattended in facility at any time.
16. To use the Aquaducks in the Wading Pool, swimmers must be able to reach the foot pedals. There is no pedaling with hands and only one swimmer on the duck at a time.
17. To use the Slide in the Wading Pool, swimmers must be no taller than the slide. One person at a time on the slide.
18. There is no blocking the pressure of the Lemon Drop water fountains.
19. City of Palo Alto staff reserves the right to ask anyone who violates these rules to vacate the premises.
20. All Pool Rules are subject to change in order to ensure a safe environment.

## **Further Contact Information:**

Hotline: 650.463.4914

Rinconada Pool: 650.329.2351

Aquatics Supervisor: 650.463.4928