LAP LANE ETIQUETTE
Welcome to City of Walnut Creek Aquatics.
Below are helpful etiquette guidelines to enhance your swim experience.

1. 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 programing.

2. NO DIVING – Please enter the pools feet first.
   - Do not dive from diving blocks or from edge of pool.

3. 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.

4. 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).

5. 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.

6. 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.

7. 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.

8. Be kind and courteous to others.
   - If you are unsure of lane allocations or have questions please ask the front office staff.

9. 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.