

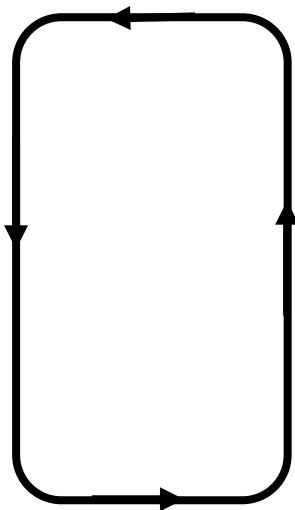


University Settlement
Founded in 1910

Length Swim Etiquette

Please follow these simple rules to ensure that you and your fellow swimmer(s) enjoy your length swim:

1. Choose the appropriate lane for your length swim: Fast, Medium, Slow or Leisure Lane - based on your abilities and those already in the pool.
2. Walking and standing exercises can ONLY be done in the "Leisure Lane".
3. To enter a lane, give swimmers the right of way and let them know that you are entering.



4. Swim counterclockwise circles as soon as there are two or more people in your lane.

5. Always **pass on the left** of a swimmer and be aware of swimmers coming towards you.
6. If you are constantly being passed, move to a slower lane.
7. When pausing at the end of the pool, move across to the corner of the lane in order to allow other swimmers to continue swimming laps.
- 8. There is no length swim permitted during Recreational Swim.**
9. If you have a question, feel free to ask the lifeguard. The lifeguards have the responsibility to ensure all members follow the rules and have a safe swim.