



The Aspen Hill Club

Lap Lane Conduct

1. Swim in a counter clockwise circle. (Stay to right)
2. Do your best to keep moving in the lane. To stop, move aside so others may pass at the wall.
3. Yield to faster swimmers in your lane.
4. Pass carefully.
5. Check your direction frequently when swimming on your back and look forward to avoid swimming into someone's feet while on stomach.
6. Children who show ability to swim serious laps may be granted permission by guard.
7. When using kickboard or changing your stroke it is recommended that you select a lane relative to your current speed.
8. Fins/Hand paddles will be prohibited in crowded situations to avoid injury to others.
9. Any conflicts among swimmers should be directed to supervisor on duty or aquatics director if it cannot peacefully be worked out by you. Yelling and becoming frustrated at other swimmers makes everyone's experience unpleasant.
10. Designated lane speeds are purely relative terms, and can change in accordance with numbers and ability of swimmers at a given time.