

Culver CITY

Lap Swimming Etiquette

The City's goal is always to make the Plunge as safe as possible and provide a welcoming environment for the hundreds of patrons we serve each day.

Objective To ensure that all swimmers enjoy their time in the Plunge, we ask that you adhere to the following lap swim etiquette:

Entering the Water Always use a feet-first entry into shallow water. If the lane is crowded, always ease in, using a feet-first entry. You may dive into the pool from the deep end, but only if the pool is completely clear in front of you.

Circle Swimming Just like driving a car, you swim on the right side of the lane in a counter-clockwise pattern, keeping the middle of the lane open.

Passing The best place to pass someone is at the wall. Please do not touch anyone at any time when signaling them that you are passing. If you pass in the middle of the pool, it should be between the backstroke flags, and you should pass in the middle of the lane. If you are the swimmer being passed, please stop at the wall to let them pass. It is best to stop and go to the right corner of the lane, then they can pass you on the left. If they are passing you in the middle of the pool, just swim as close as you can to the lane line and slow down a bit to allow them room and time to pass.

Number of People in a Lane Several people can fit in a lane if proper etiquette is observed and swimmers of similar speed are together.

Lane Speed A good way to find the lane that best suits your swimming abilities, is to observe those who are swimming. If you are the first one in the lane, just abide by circle swimming so others may join you. If you are unsure about which lane to use, request assistance from the lifeguard. Swimming in the same lane with swimmers at your same pace could help you swim better and have a more effective workout.

Stopping/Resting If you are resting on the wall, stay to the right side of the lane to stay away from oncoming swimmers. Stopping in the middle of the pool should be avoided. If the lane is crowded and one person stops, all will have to stop. Be aware of other swimmers around you at all times.

The Diplomacy of Shared Space If someone makes a suggestion concerning any of the mentioned etiquette topics, try to make adjustments in the spirit of cooperation. If you make a suggestion to another swimmer, try to do it as diplomatically as possible. Please be courteous and responsive if you are asked to move lanes by the lifeguard(s). The lifeguard(s) on duty will have the final determination in arrangement of lanes.

Organized Workouts Lap swimming lanes and times are reserved for lap swimmers. Organized workouts that disrupt the flow of a lane or that discourage or prevent other lap swimmers from joining or swimming in a lane are prohibited. Should you or your organization wish to rent lane space for an organized workout please inquire with the recreation coordinator or pool manager as to lanes and times available. (310) 253-6680



Lap Swimming Etiquette Continued

Lap Swim Rules

- Participants may be teens (13-17), adults, or seniors.
- Participants should be in appropriate lane designation for speed.
- No kickboards in fast lane (guards discretion).
- No standing in the middle of the lanes.
- Swimmers must swim in circle pattern within each lane.
- Recreation swim is not allowed; diving boards are closed.
- Please see Lap Swim Etiquette for more information and guidance.
- For your safety no prolonged breath holding is permitted.

General Pool Rules

- All persons entering pool complex are required to pay the admission fee.
- No person shall enter the pool without a lifeguard present.
- A complete head and body shower must be taken before entering the pool.
- Bathing suits must be hemmed; no cut-offs allowed.
- Hanging on ropes or lane lines is not permitted.
- Smoking, gum chewing, and spitting are not permitted.
- Persons with open sores, cuts, or rashes are not permitted in pool complex; bandages are prohibited in pool.
- Abusive and/or foul language are prohibited and will not be tolerated.
- Floatation devices (lifejackets, water wings, etc.) are not permitted.
- Possession of alcohol in pool complex is prohibited.
- Individuals assumed to be under the influence of alcohol or drugs shall not be permitted into pool complex.
- Emergency equipment is for emergency lifeguard use only. Only Lifeguards are permitted on lifeguard stands.
- Private instruction is prohibited in the pool without a permit.