

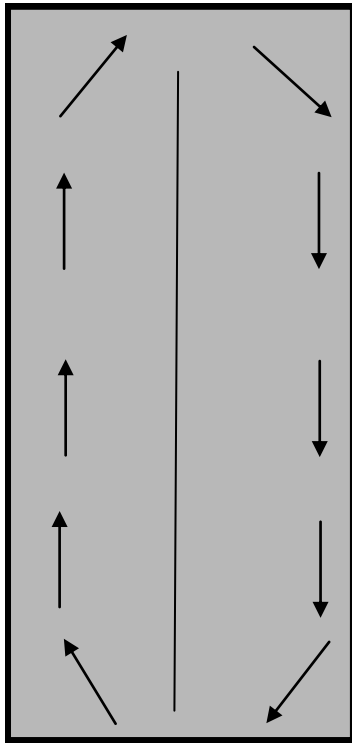


Friends Health & Fitness Lap Swimmers

Lane Etiquette Guide

Please note the Lane Etiquette Guide set out below.

By following these simple suggestions you can help to create a safe and enjoyable swim session for yourself and others.



Please swim on the left-hand side of the lane. Avoiding the possibility of any head on collisions

Check the lane speed signs and select the lane displaying the appropriate speed for your swimming ability

Give way to faster swimmers by allowing room for them to pass

When overtaking ensure your legs, feet, arms and hands are not going to contact the other swimmer