

# Wellstar Health Place Pool Etiquette



**For the safety and enjoyment of all pool users, please adhere to the following lap lane usage etiquette guidelines:**

## Reserving a Lane

- All lap lane users should reserve lap lanes by visiting [myiclubonline.com](http://myiclubonline.com). If you need assistance setting up your account, please contact the front desk.
- Although we will continue to take into consideration the CDC's guidance on social distancing, we are pleased to announce that we will now be able to serve more members in the pool by having up to **TWO SWIMMERS PER LANE**.
- Prior to reserving a lane, be sure to pick a lane that is best suited to your swimming pace and skill level. Remember that skill level and speed are subjective, so please be mindful of other pool users.
  - Lap Lane 1: Beginner – This lane is designated for anyone who may be walking in the water or beginner level swimmers.
  - Lap Lane 2: Intermediate – This lane is designated for intermediate level swimmers.
  - Lap Lane 3: Advanced – This lane is designated for advanced level swimmers.

## Lap Lane Safety

- When joining a lane, please do not dive or jump into a lap swimming lane that contains another swimmer. Communicate with others in the lane to begin circle swimming.
- Be aware of other swimmers in the lane. Try to maintain a 6 ft. distance between yourself and the swimmer in front of you.
- Refrain from doing strokes with wide kicks or wide arm strokes such as butterfly or breaststroke.
- When sharing a lane, for safety reasons, please refrain from using hand paddles.

## How to Share a Lane

- Pass at the end of each lap, after tapping the foot of the swimmer in front. The swimmer being passed should wait on the right side of the lane.
- If the left side of lane is clear, pass swimmer on the left. Be sure there are at least five yards of clear water to the wall before passing.
- Cut over into the lane going in the opposite direction with no turn. Be sure there is at least 10 ft. between you and another swimmer headed in that direction.

Please be kind to your fellow pool users. For the safety of all members and guests, if you witness any abuse of these guidelines, please notify a staff member.