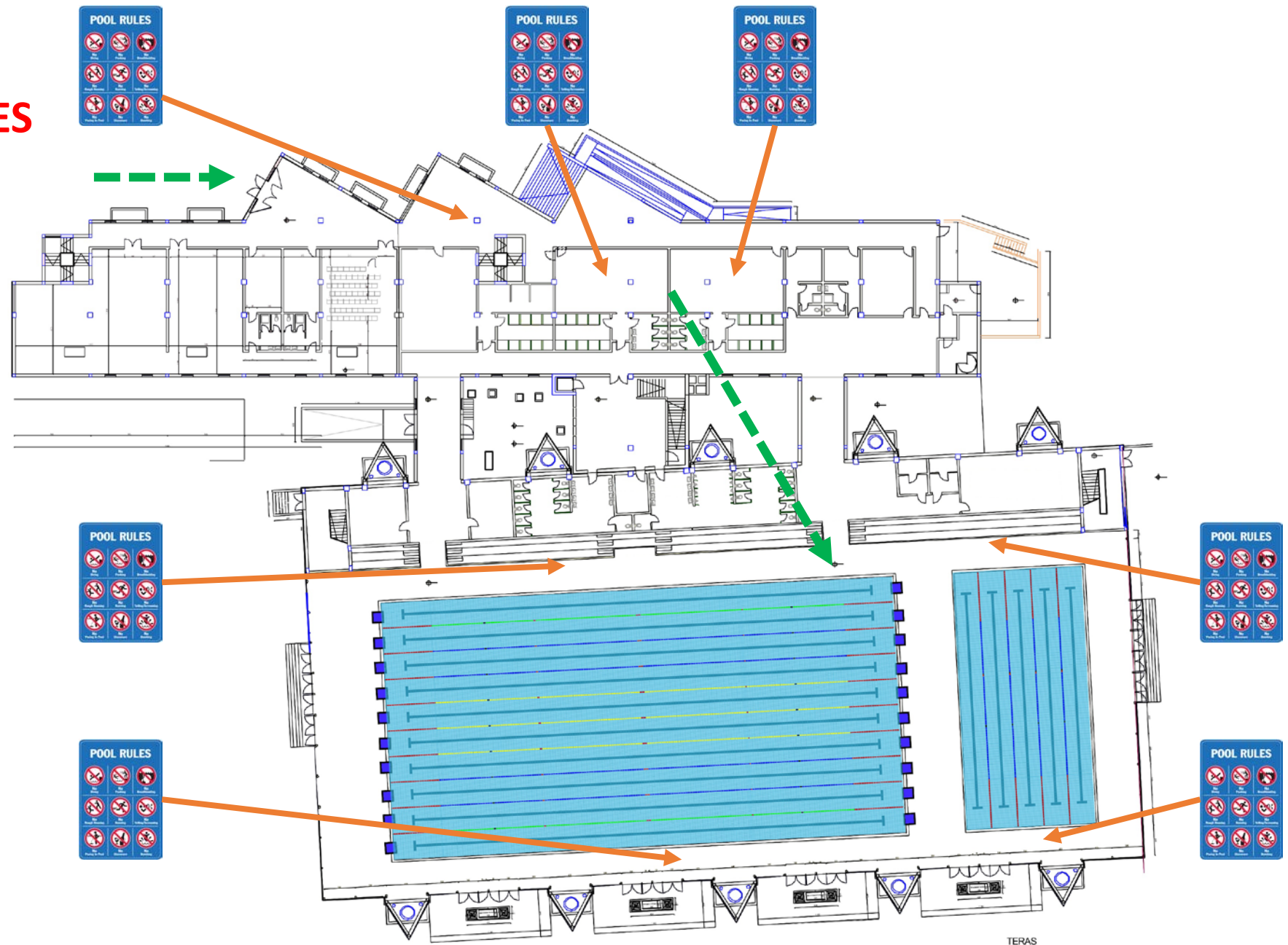


# YÜZME HAVUZLARINDA GÖRGÜ KURALLARI

SWIMMING POOL ETIQUETTE

**READ  
THE SWIMMING POOL RULES  
FIRST**



ZEMİN KAT PLANI  
ÖLÇEK:1/200

**NOT EVERY RULE  
SHOULD BE WRITTEN**







**SWIMMING  
SAFETY**

**OBEY THE  
LIFEGUARDS  
INSTRUCTIONS  
AT ALL TIMES**



# Get in the Correct Lane

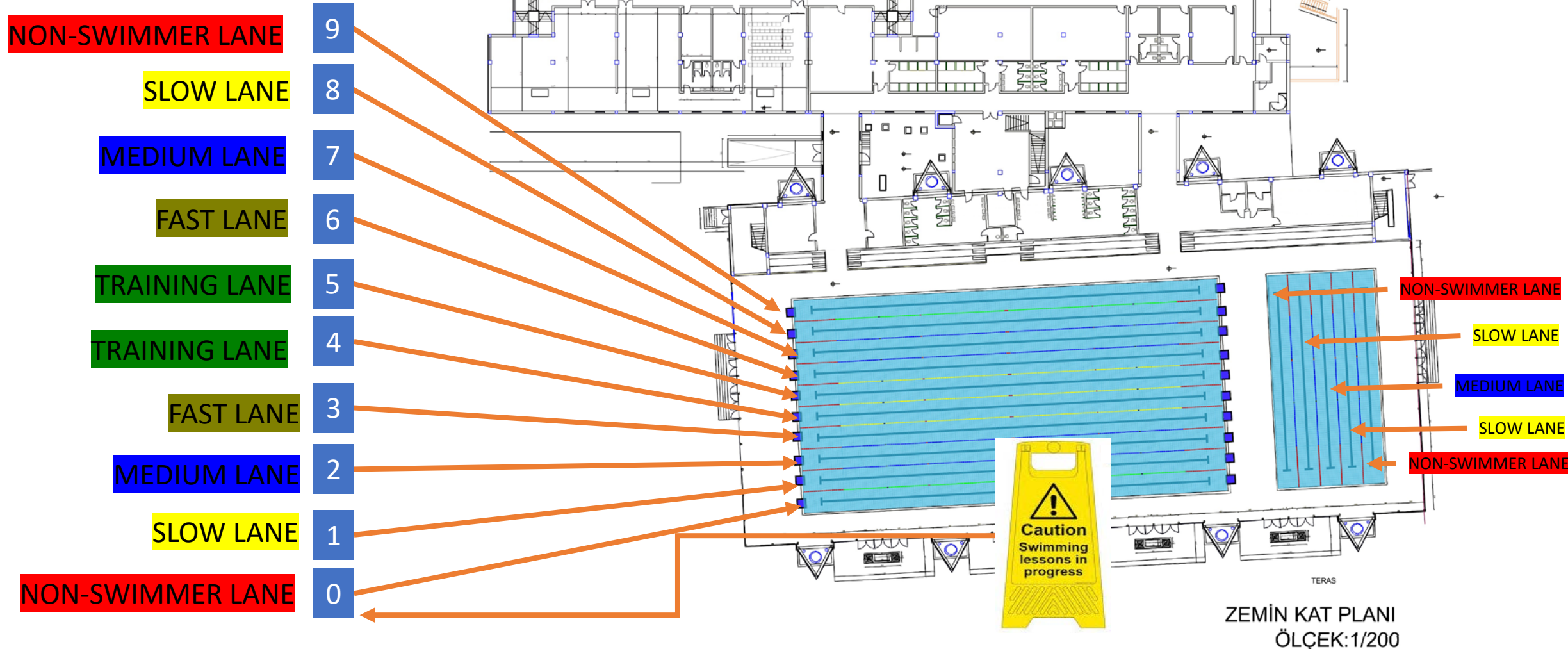
This is huge. Before you dive in, take a look around. Who is swimming where and at what speed are they swimming? Choose the lane that best matches your preferred swim speed or skill level. Do not be the slug in the fast lane, and don't lap swimmers in the slower lanes.





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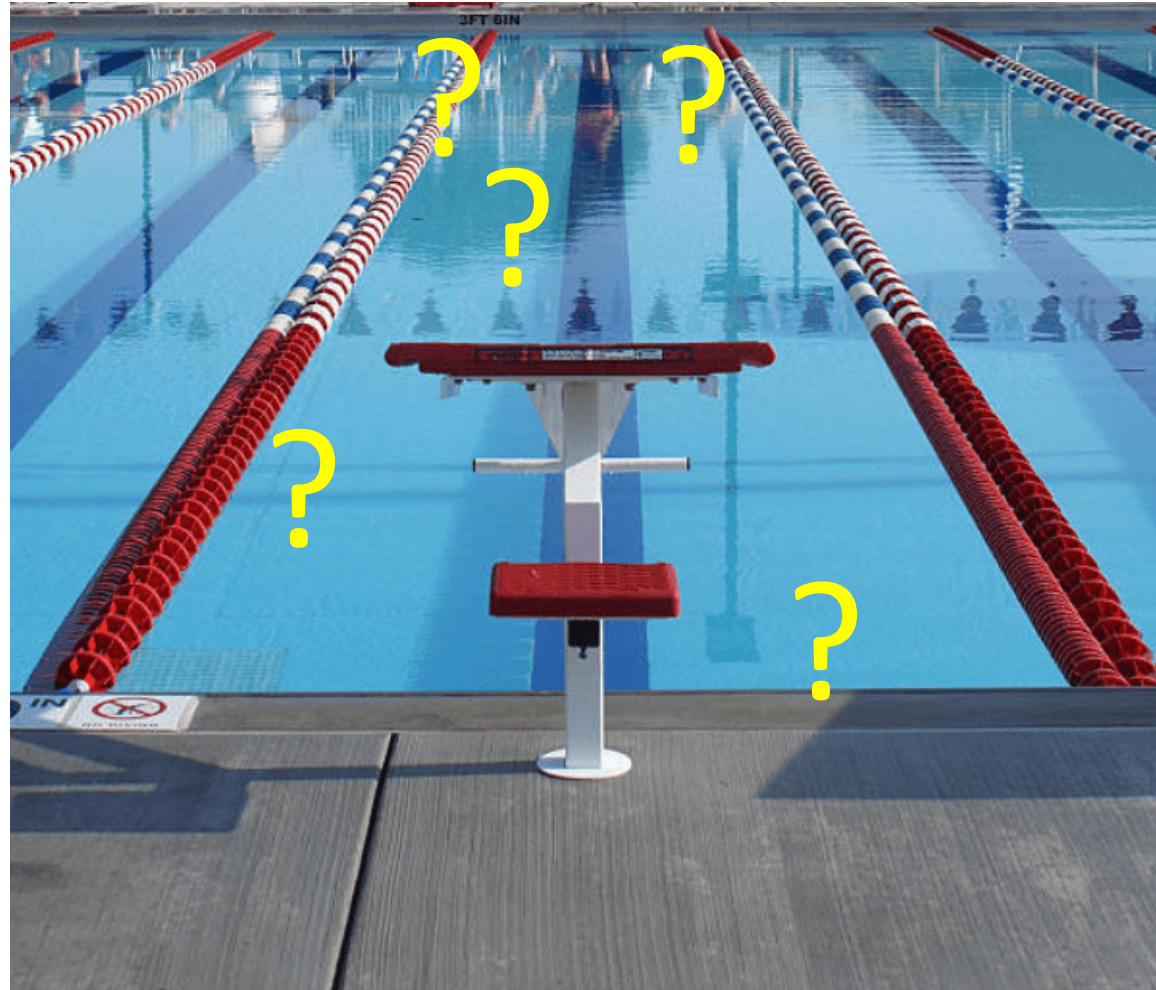


# Get in the Correct Lane

- **Watch the Pool** - The first step is choosing the right lane. Take a few minutes to watch what is going on in the pool, read any pool or lap swim rules, get your swim gear (kick board, pull buoy, paddles, etc.), and start thinking about which lane you are going to swim in today. Consider:
- **Lane Assignments** - If lanes are preassigned to fast, medium, and slow swimmers, step one is to figure out where you fit. What is your swimming pace? My rough rule of thumb is fast about 1:30/100m, medium is about 2:00/100m, and slow is 3:00/100m.
- **Number of Swimmers in a Lane** - Assuming the lanes that you should swim in based on speed have no one in them, then it makes no difference which lane you choose. But, if one lane has a swimmer in it and one is empty, swim in the empty lane. Be ready to share it if needed, but don't force the swimmer that got to the pool before you did share a lane if it is not necessary.
- **Speed and Skill Level** - If the lanes you would use are occupied, watch how the swimmers in those lanes swim. Which swimmer or swimmers look like the best match for what you do when you swim? Which would interfere with you the least, and which would you interfere with the least? Is one lane doing a lot of 50s, another doing longer swims? Is one lane doing a lot of different strokes, another doing a lot of freestyle drills, and another doing straight freestyle swimming?



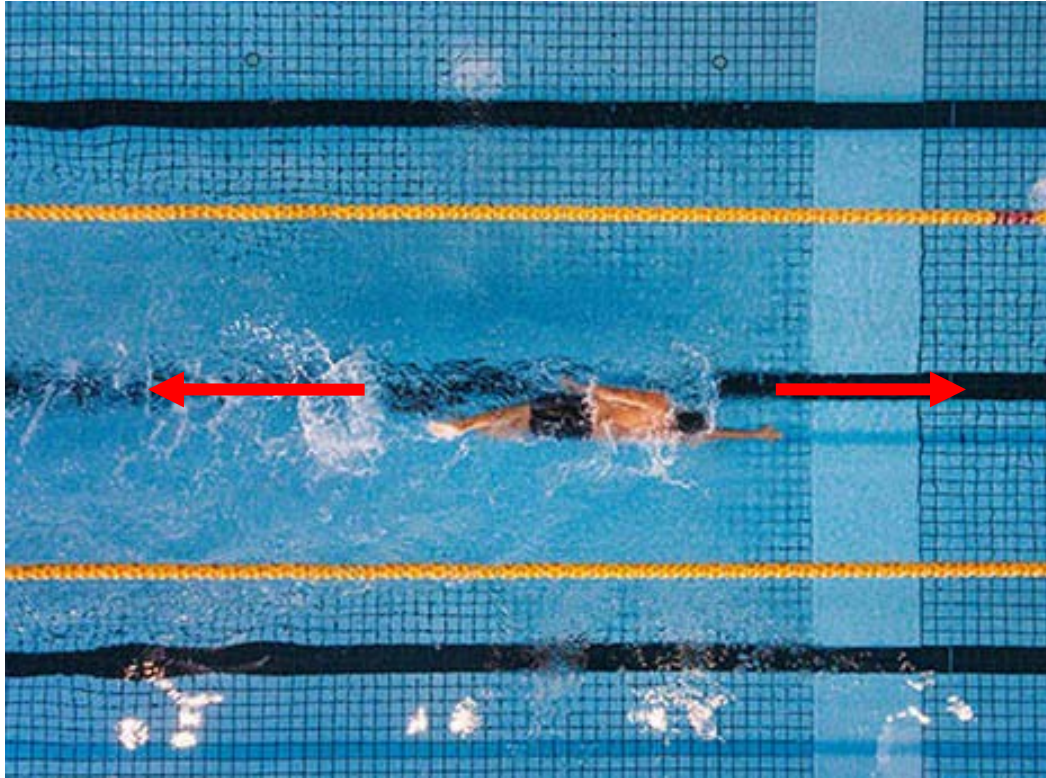
# Split the Lane



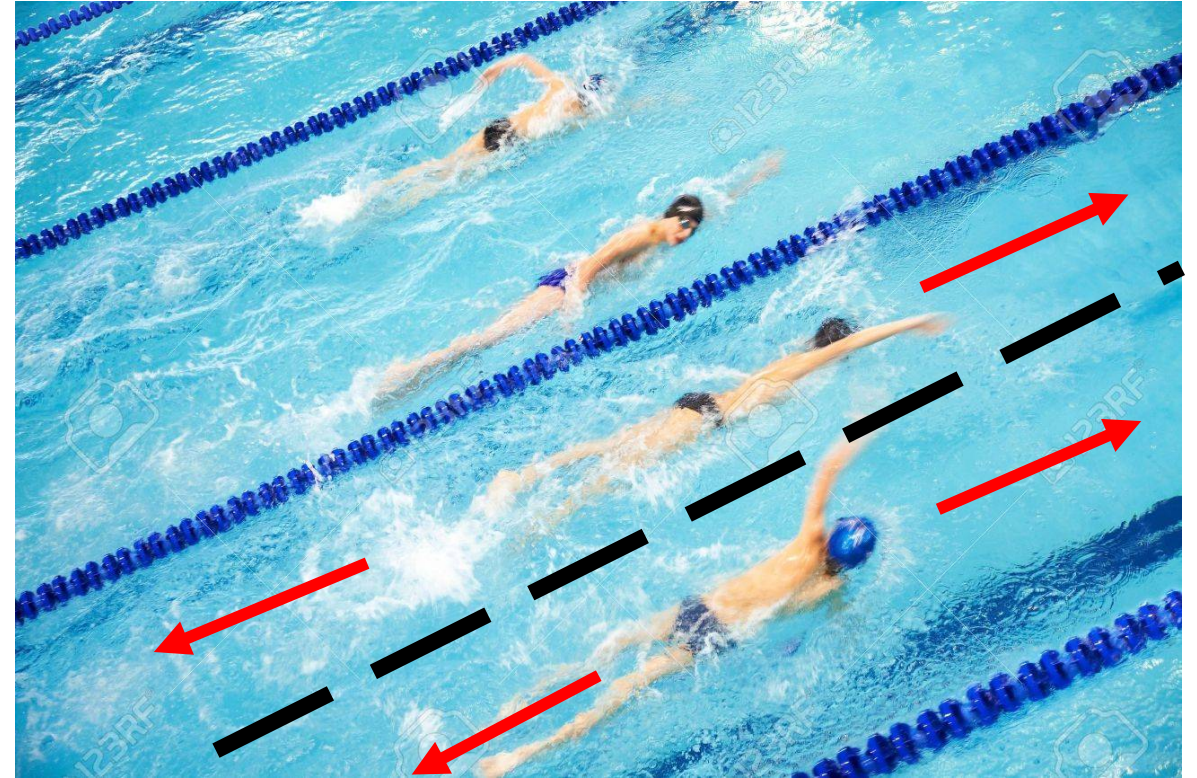
EMPTY LANE



# Split the Lane



1 SWIMMER



2 SWIMMERS

# Split the Lane

## Lap Lane Etiquette



**For everyone's enjoyment  
with 1 or 2 swimmers please —**

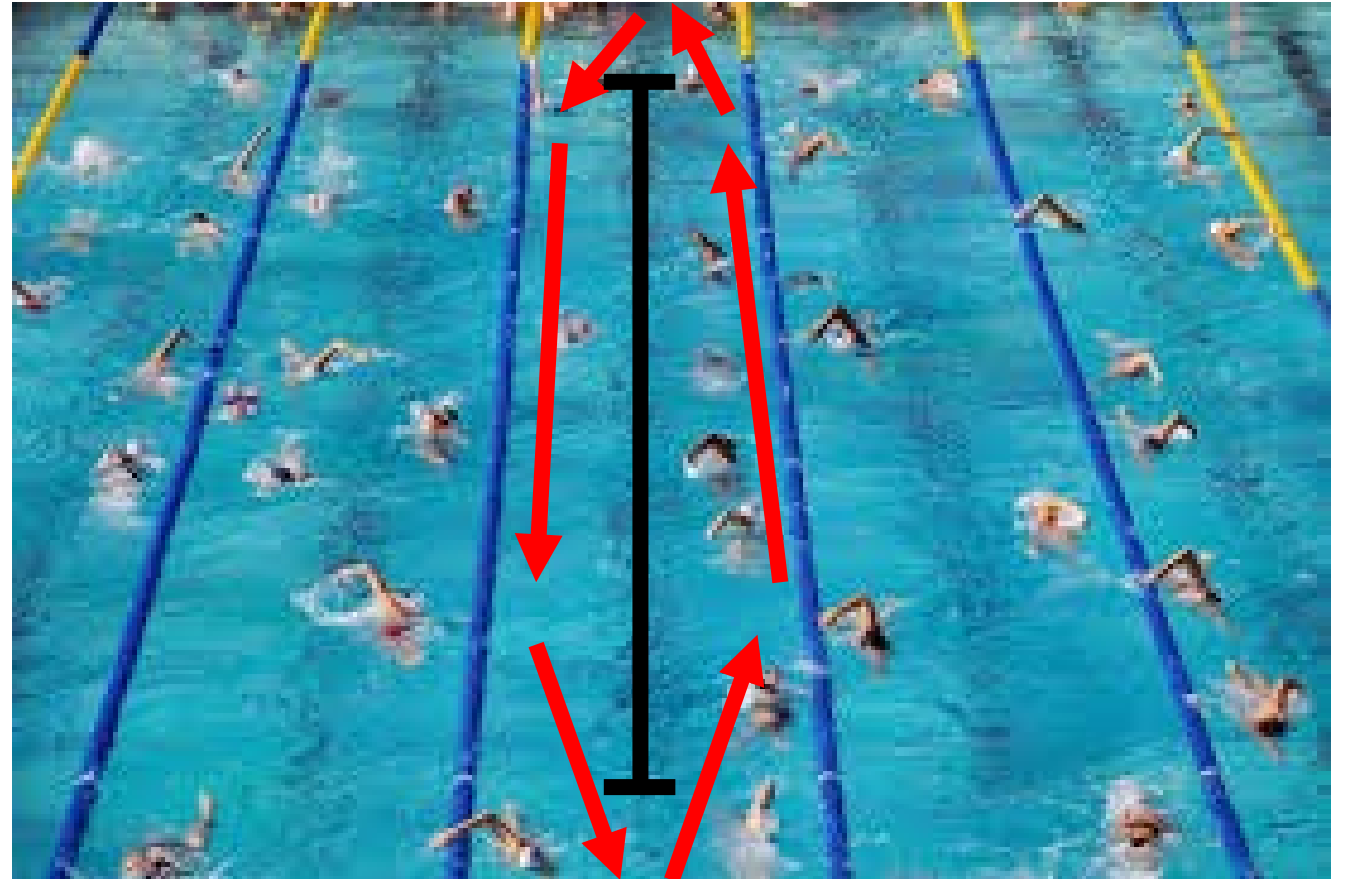
- Enter and exit only from the end of the lane
- Swim continuously from end to end



**with 3 or more swimmers please —**

- Enter and exit only from the end of the lane
- Swim to the right of the center black line
- Swim continuously
- Do not swim two abreast

One Length = 25 Yards  
One Mile = 72 Lengths



3 & MORE SWIMMERS

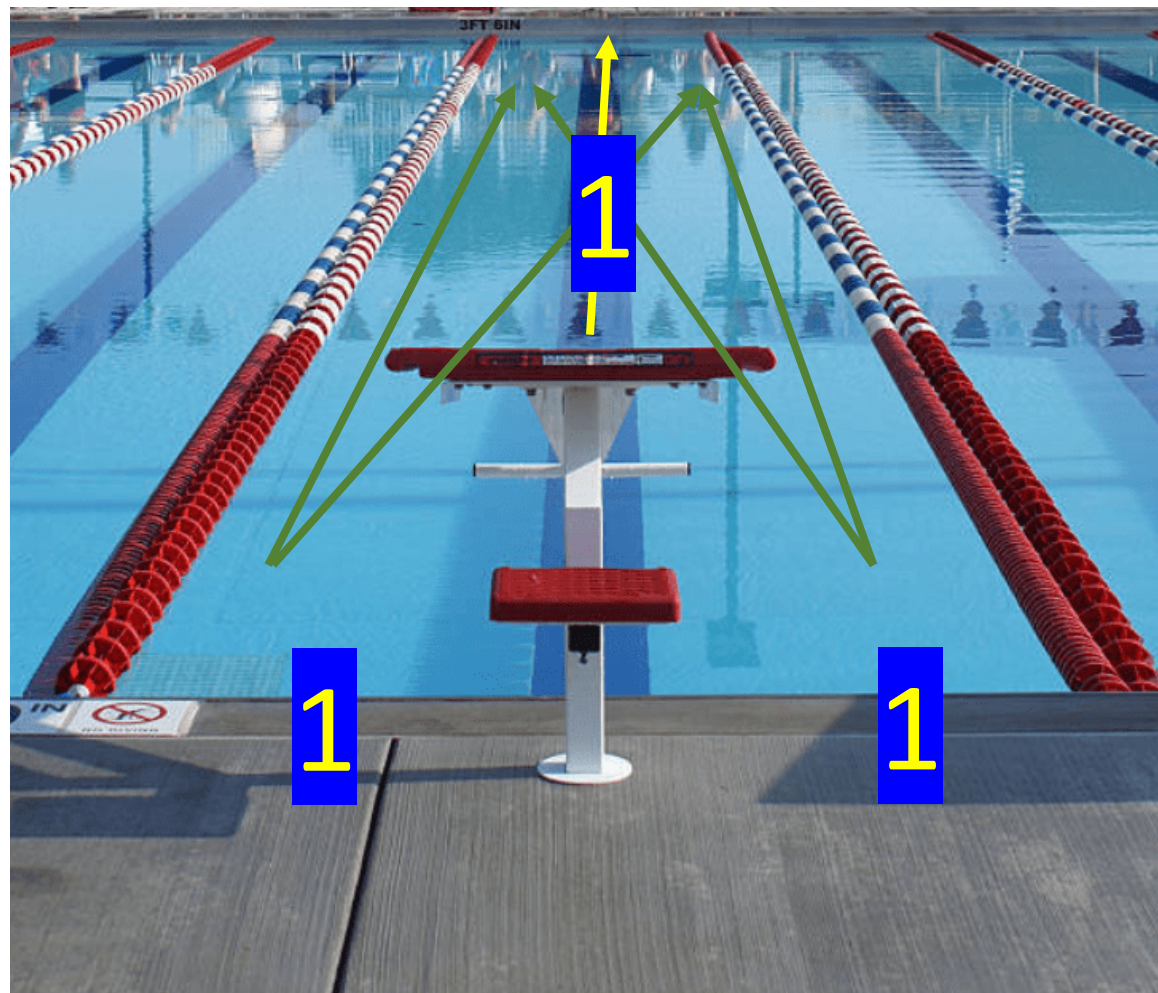


# Split the Lane

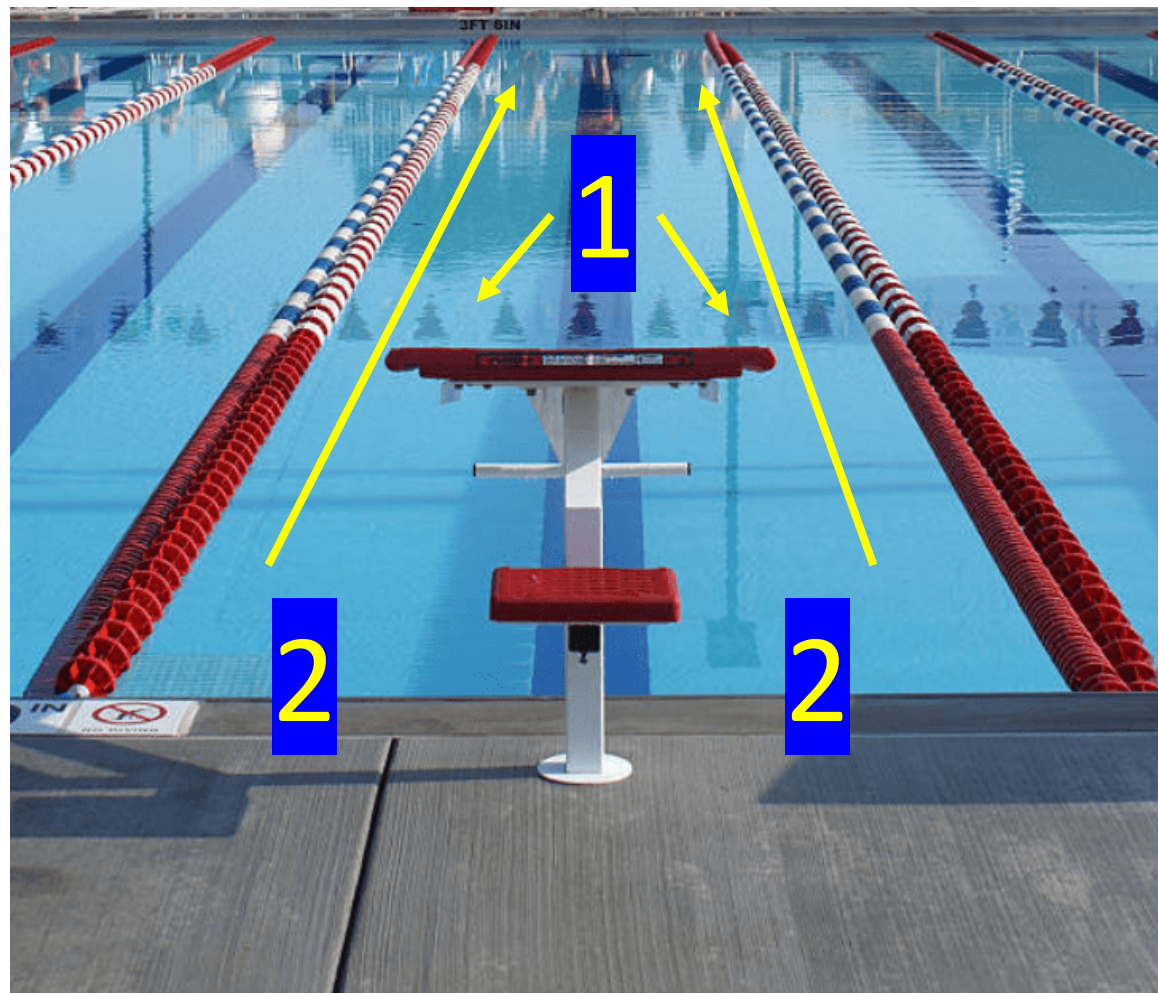




# Split the Lane

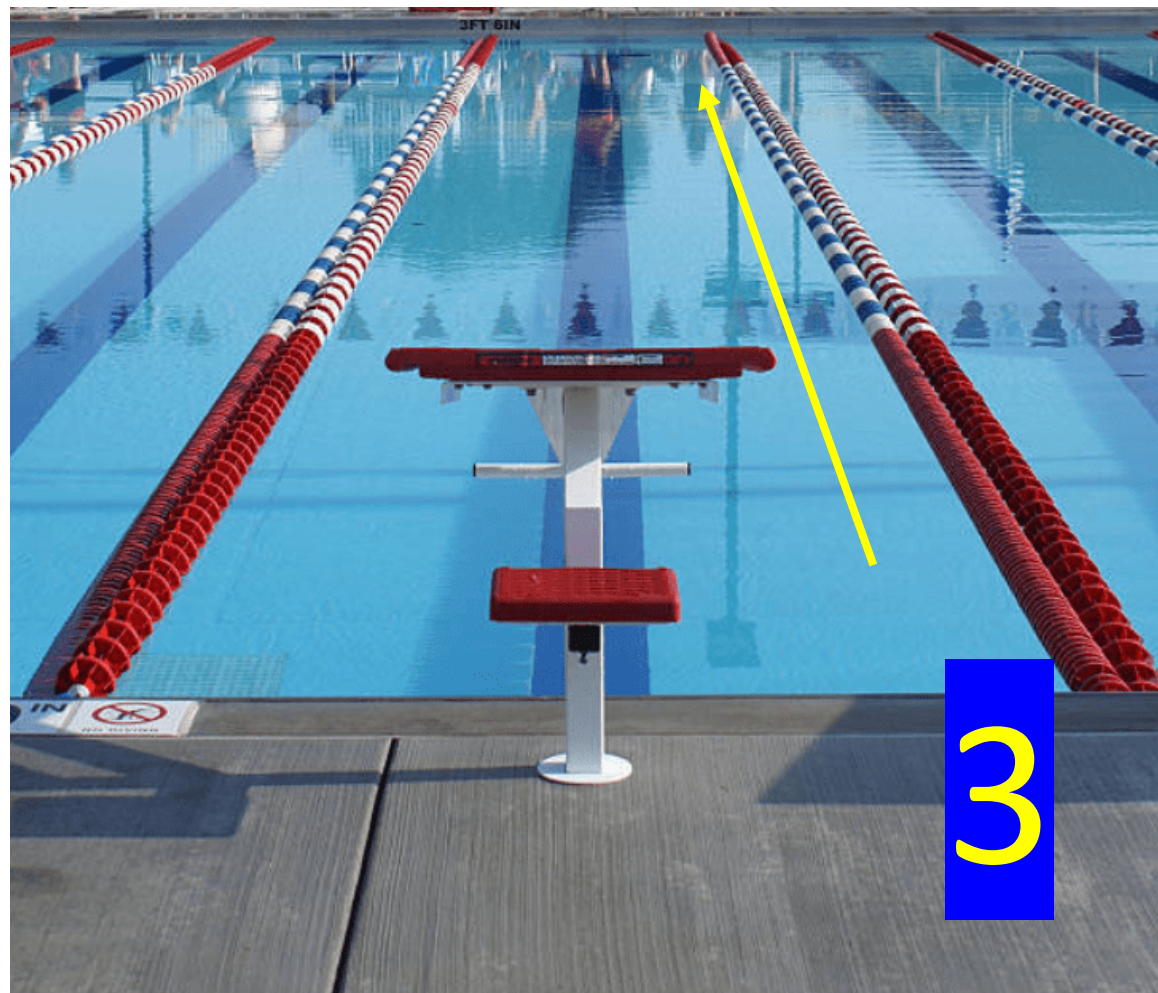


# Split the Lane





# Split the Lane

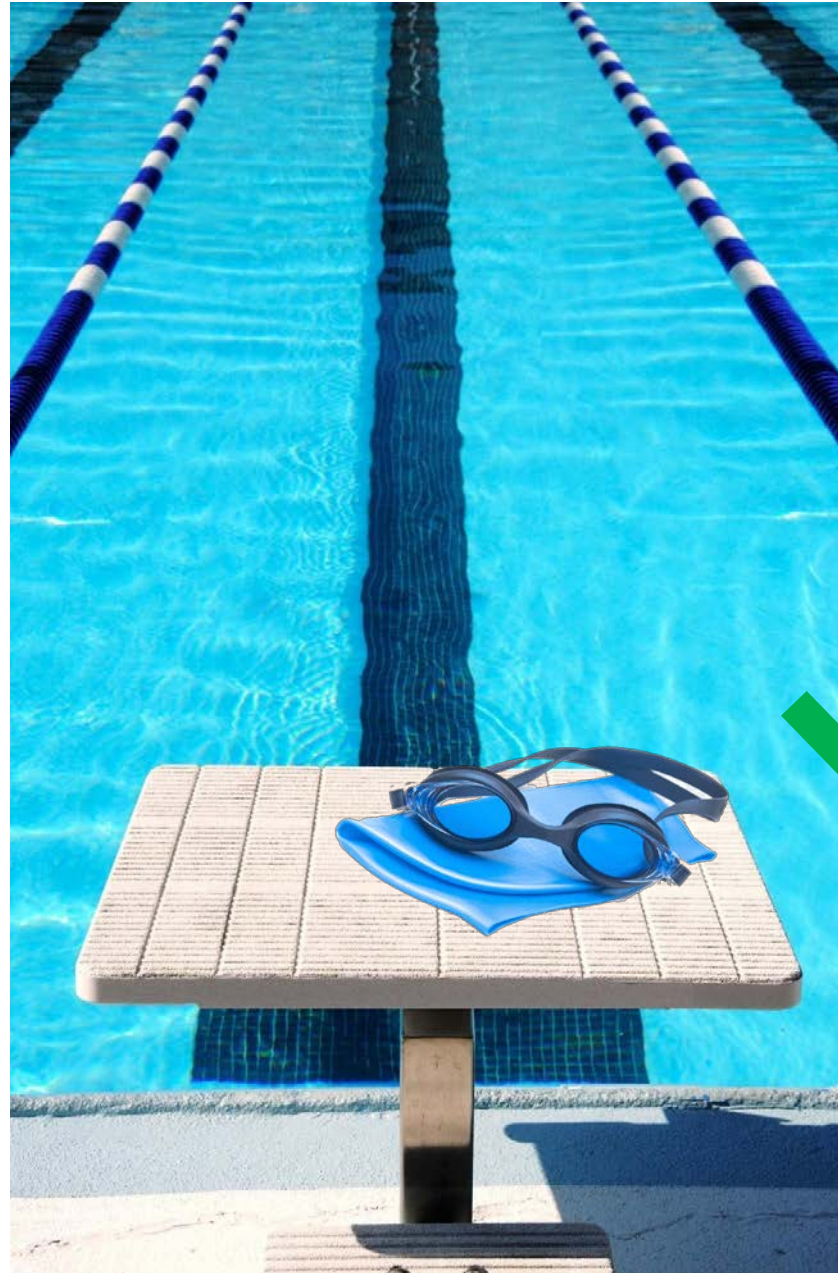


# Split the Lane

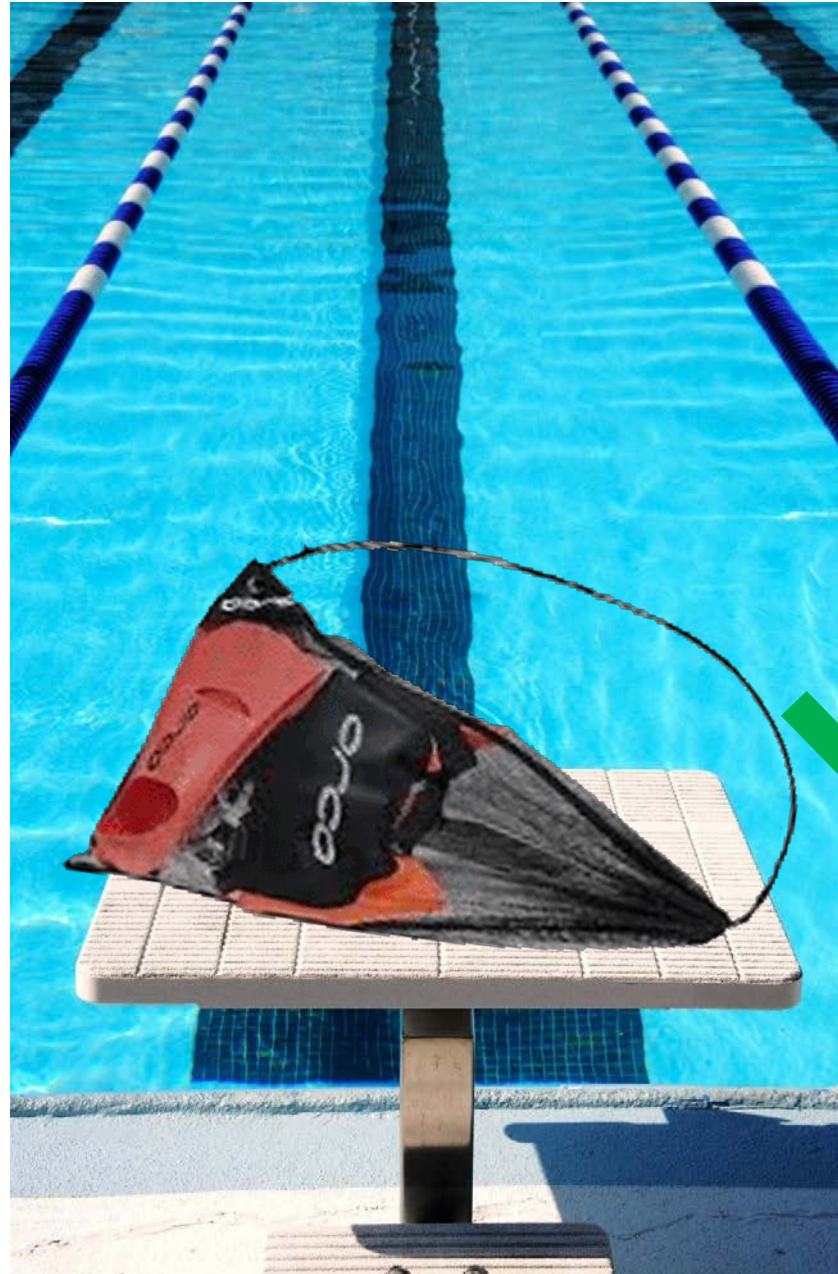
- If you are alone in a lane, you can swim following the middle line.
- If there are two swimmers in the lane, it can be split into halves, and each swimmer swims on his side of the lane. Or the swimmers use the “circle” format described hereafter.
- If there are more than two swimmers in the lane, they should circle in the lane. This is most often done by swimming counterclockwise.



# Entering the Lane



# Entering the Lane



# Entering the Lane





# Entering the Lane





# Entering the Lane



# Entering the Lane

EMPTY LANE



# Entering the Lane

1 OR 2 SWIMMERS





# Entering the Lane

**Circle Swimming vs. Splitting the Lane** - If the swimmer(s) stops, ask if they want to circle or split the lane (if there are already two swimmers in the lane you must circle swim, and all of the swimmers need to know that circle swimming is starting). If they don't stop, then follow the same pattern they are using. Not stopping is a breach of etiquette! Stopping for 5-seconds in a lap swim will not ruin a workout, even though all of us think it will.

**Splitting** the lane is dividing the lane in half, with the center line on the bottom of the pool marking no-man's land. You swim on your half of the lane no matter which direction you are swimming.

**Circle Swimming** is usually done in a counter-clockwise direction. You swim on the right side of the lane going down the pool, and when you reach the wall and do your swimming turn, you swim back on the other side of the lane (still the right side since you have turned around). The center line on the bottom of the pool is still marking no-man's land.





# Using the Lane

•**Pushing Off of the Wall** - When you leave the wall to start swimming, be sure to give the swimmer ahead of you adequate space. Don't push off immediately after they do or you will be hitting the swimmer's feet, which is no fun for anyone - and is a signal that you want to pass them... if you want to pass them that soon, you may have picked the wrong lane. Start conservatively, give yourself time to get into the flow of the lane, and to get into your workout.

•**Choice of Swimming Stroke** - If you are ahead of someone, and you switch strokes, and the results in you going slower and getting caught from behind, it may have been better etiquette for you to make that switch after the other swimmer passes you. When you change strokes, think about how that impacts the way the lane is working for everyone (yes, lap swimming with others doing different workouts can take some thought, but it works).

•**Turning** - If you are splitting the lane, how you turn makes no difference to the other swimmer in your lane as long as you stay on your side of the lane. If you are circle swimming, then you should aim for the left side of the lane as you turn and push off in a straight line. You are swimming toward the wall on the right side of the lane. When you are a few meters from the wall, shift your aim for the left side of the wall, turn on the left side of the wall "T" and push off in a straight line on the new right side of the lane.

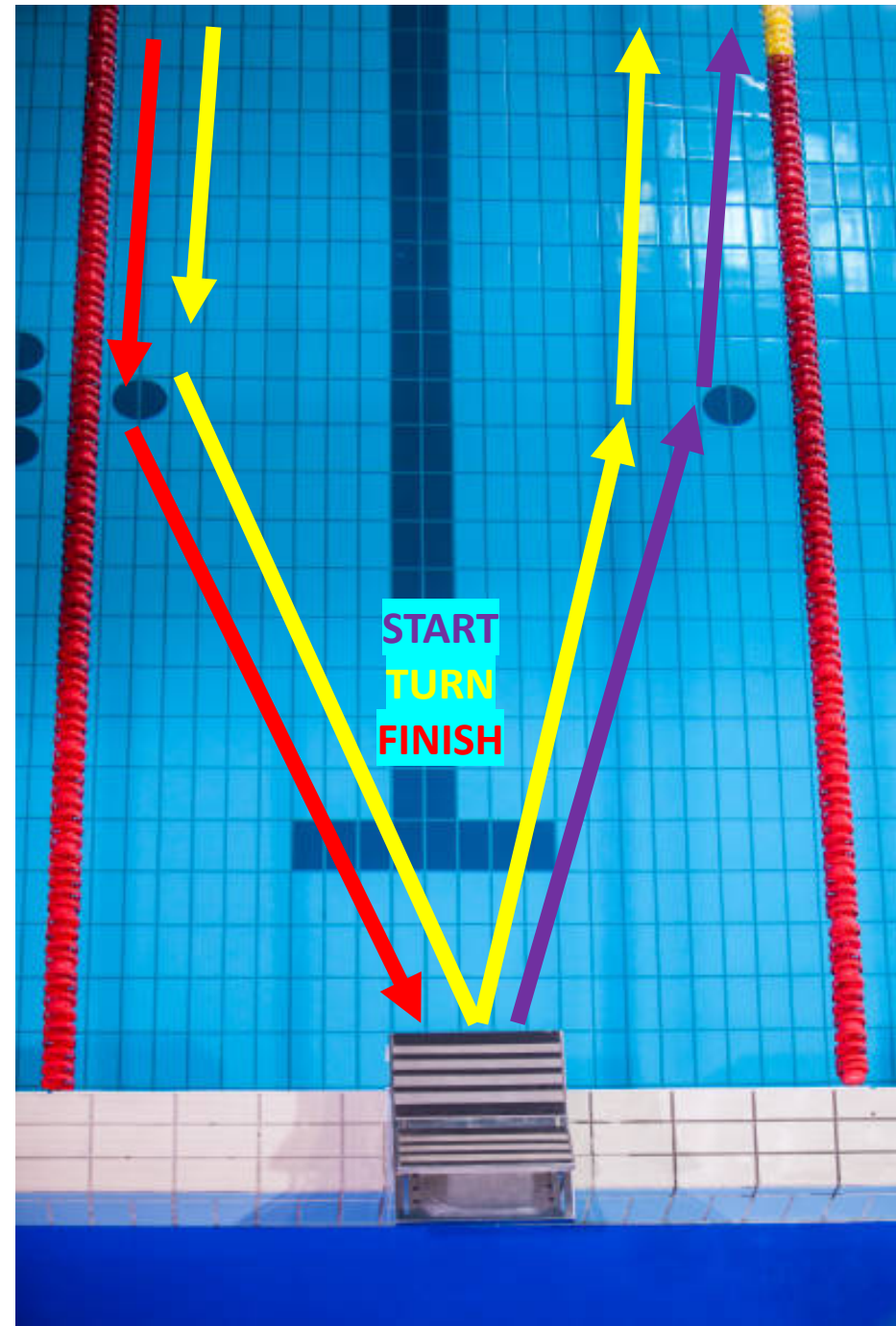
•**Stopping** - If you are going to stop while lap swimming, only stop on the wall; stopping mid-pool can cause problems. As you approach the wall, swim straight into the right corner of the wall, on the right side of the wall "T" and compress your self into that corner, yielding as much wall space as possible for other swimmers to use for turns.

# Using the Lane

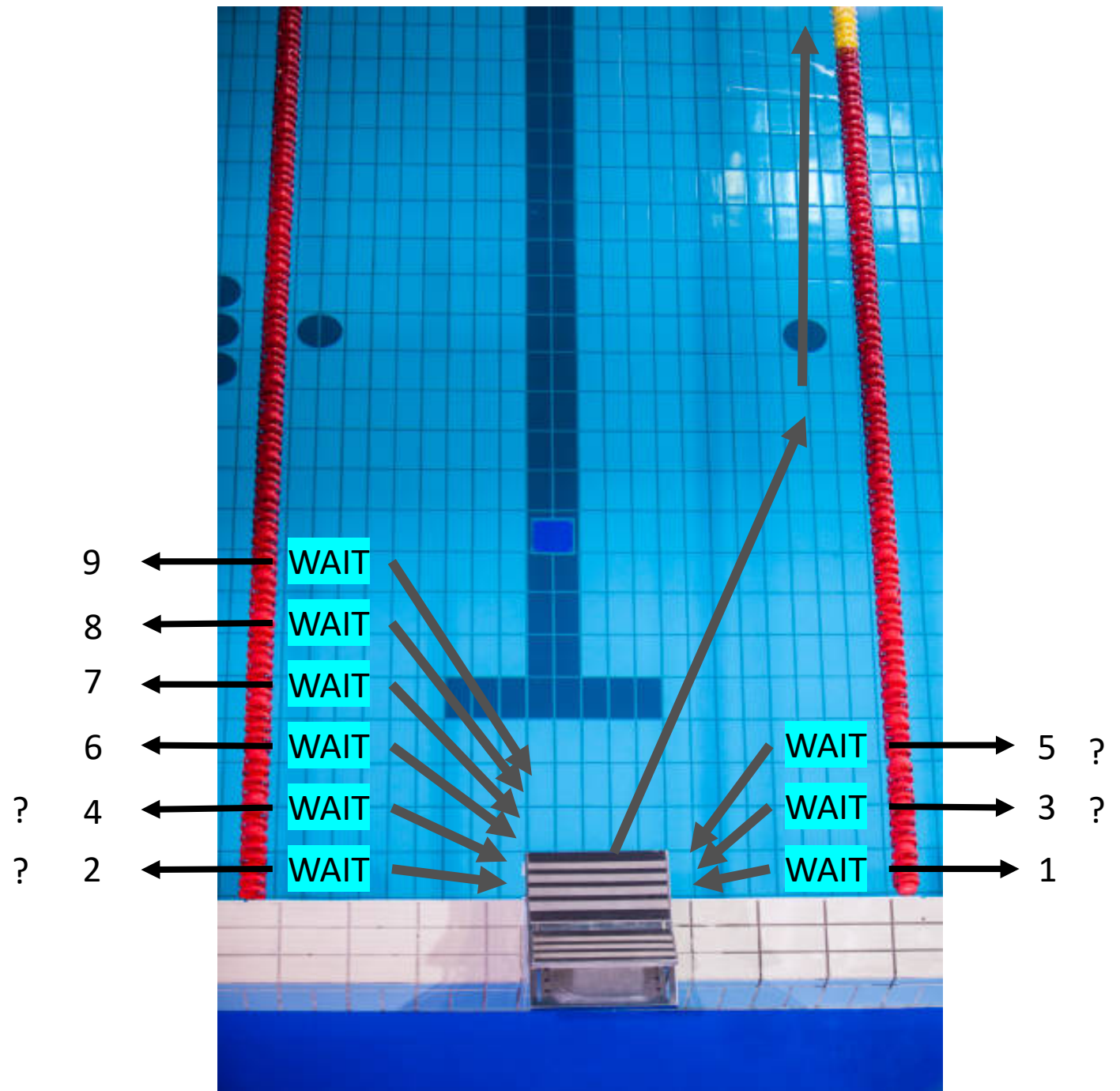
- Passing Other Swimmers** - Unless all of the swimmers in a lane are perfectly tuned to each other, one swimmer is going to catch up to another one. When that happens, one or two gentle taps on the foot ahead of you tells that swimmer in the lead that the swimmer behind them wants to pass (hitting that foot 20 times, grabbing it, etc - bad, bad etiquette). Lap swim etiquette is for the swimmer being passed to stop at the next wall, allowing the other swimmer to do a turn a pass them, then the passed swimmer resumes swimming (this may not be the case in competitive swim workouts - talk with the coach). It is OK for a swimmer that wants to pass to cut across a lane and change direction instead of doing the foot-tap and wall pass, but the swimmer doing so needs to be fully aware of what is happening around them so no other swimmers get clobbered!
- Not Lap Swimming in Lap Swim Lanes** - Someone doing water aerobics, water running, socializing - not lap swimming in lap swim lanes - is a breach of etiquette during lap swim hours unless the non-lap-swimmer has permission from pool management. If that is the case, then all must be forgiven. Either way, there is not much you can do, you cannot really share a lane with that non-lap swimmer, and if the pool management will not do anything about it, you should not take matters into your own hands. Pick another lane for your swim workout.



# Using the Lane



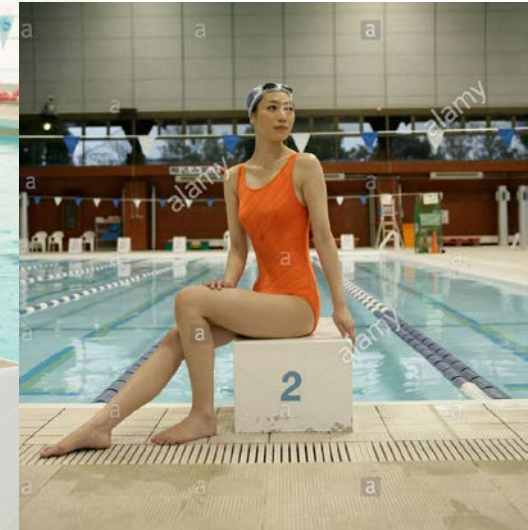
# Using the Lane



# Using the Lane

- Don't dive into the lane from the starting blocks when you join a lane. This can be distracting or even frightening for swimmers who are concentrated on swimming their laps and don't know what is happening. Normally, diving from the starting blocks should only be done during practice under the supervision of a coach and when lap swimmers don't use the lane.
- If you want to pass a slower swimmer, tap him on the foot so that he knows your intention. He will then stop at the end of the lane and move to the right corner so that you can pass. Do the same if you are the person being passed.
- Don't push off the wall right in front of a faster swimmer, especially if he's going to do a flip turn. Let him/her pass first.
- Likewise, don't push off right behind a slower swimmer to directly pass him by. Leave him some room before pushing off.
- Some swimmers, often breaststrokes, swim stubbornly in a straight line and never make way to other swimmers. However, it is more challenging for front crawl or backstroke swimmers to see other swimmers. So make way and swim around other swimmers if possible.
- If you chat with a fellow swimmer, do it on the sides of the lane to not obstruct the lane end for the lap swimmers. Do the same if you need to rest.
- Don't cross the pool right in front of a swimmer.





SWIMMING POOLS ARE FOR SWIMMING