



Riverbank State Park Lap Swim Lane Etiquette

1. All patrons **MUST** shower before entering the water.
2. Swimmers need to be alert before entering into a lane for safety purposes. Before entering the water, observe the speed signs posted and choose your lane accordingly.
3. Observe the number of swimmers in the lane as well as the swimming pattern and chose the most compatible lane which most resembles your speed pattern. (Slow, medium, fast, very fast)
4. If you are unsure of which lane you fit into, request the assistance of a lifeguard.
5. Always enter the lane from the right side. Enter the lane from either the North or South side depending on where the swimmers are actually swimming in the lane.
6. For swimmer safety
 - a. Always swim to the right of the lane
 - b. To pass, lightly tap the foot of the swimmer in front of you and once you reach the wall, it will be safe to pass.
 - c. If you need to rest, stay to the side, do not block the wall of incoming swimmers.
 - d. Do not rest on lane lines.
 - e. Do not congregate at the wall preventing others from swimming continuously.

***** The Lifeguards have the authority to stop, change or correct activity to keep all Swimmers safe**



Things to Remember

50 Meter swim

- ❖ Lap swim is for competitive strokes i.e., backstroke, freestyle, breast, and butterfly.
- ❖ **Splitting lanes during 50-meter-long course is not permitted.**
- ❖ For safety reasons we do not allow the following: side & elementary backstroke.
- ❖ When swimming butterfly, you must go into a one arm stroke to avoid injury with an oncoming swimmer who is sharing the lane.
- ❖ When swimming backstroke, peek to the side to make sure that you are swimming as close as possible to the lane line to avoid injury with an oncoming swimmer who is sharing the lane.
- ❖ To avoid head injury, count the number of strokes from the overhead backstroke flag to the wall.
- ❖ If you are kicking and your kick is slower than the pace of the lane, switch to a slower lane.
- ❖ If you become tired and must stop for any reason in the lane, be mindful of the other swimmers in the lane and do not block the path.

25 Yard swim

- ❖ When entering the water, Lap swim etiquette dictates that if there is 1 person in the lane, you may split if both **AGREE**. If both parties are not comfortable, the only choice is to **Circle Swim**. The **THIRD** person entering should get in the water and wait at the wall to alert the swimmers that they will be actively swimming in the lane. At this point, circle swimming **MUST** begin.
- ❖ The same rules of etiquette apply in the 25yard set up.

Things Prohibited

Scuba Fins
Wide Hand Paddles
Thermometers
Snorkels
Coaching

Management has the authority to prohibit, restrict and enforce rules, guidelines and policies set forth by NYS Parks and Recreation.