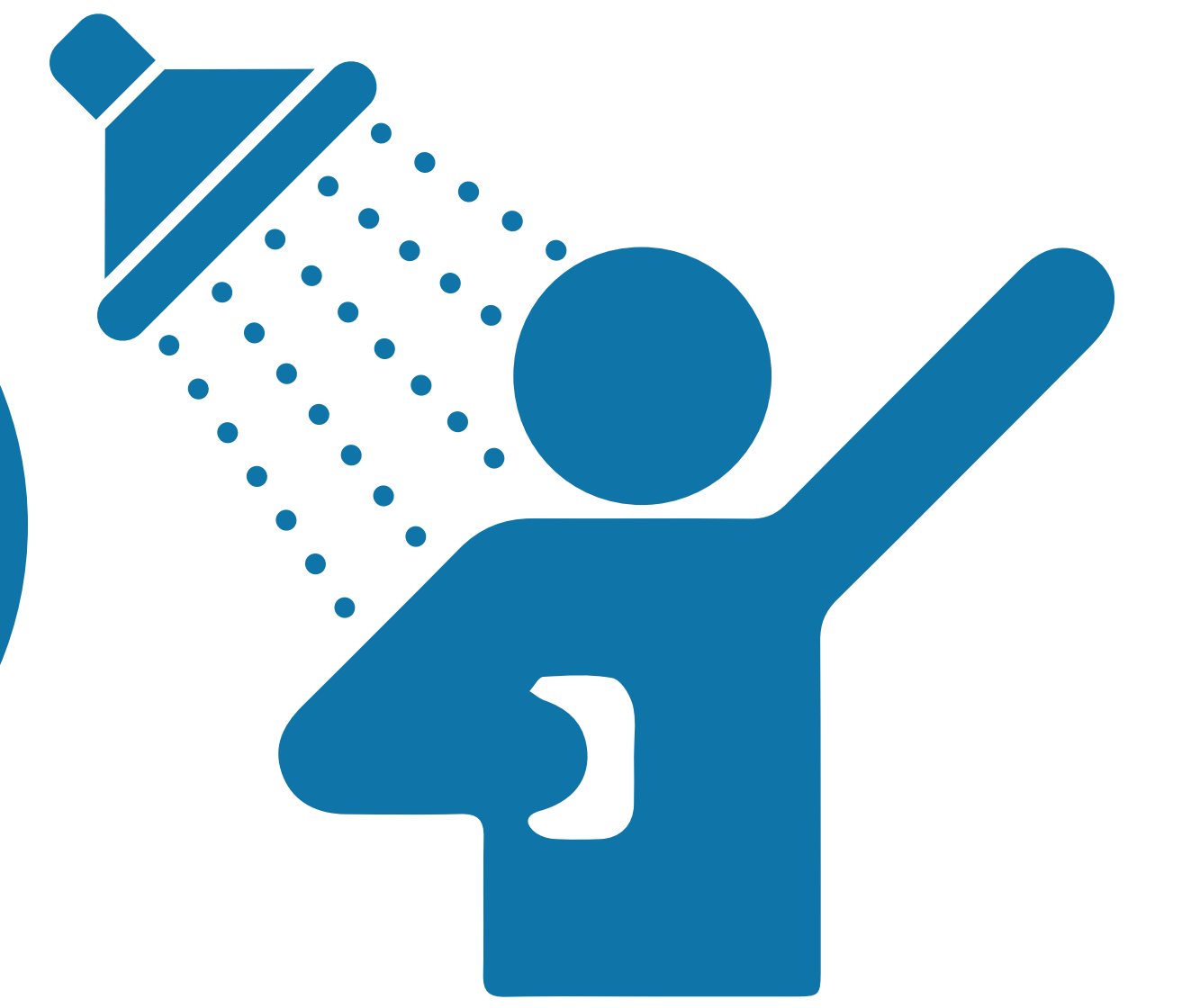


# LAP SWIMMING POLICY

Mandated by the Oregon Health Authority and the City of Medford



All swimmers **MUST** have a cleansing shower **BEFORE** entering the pool **OR AFTER** using the bathroom.



- Please be respectful of others and notify another swimmer if you would like to share the lane.



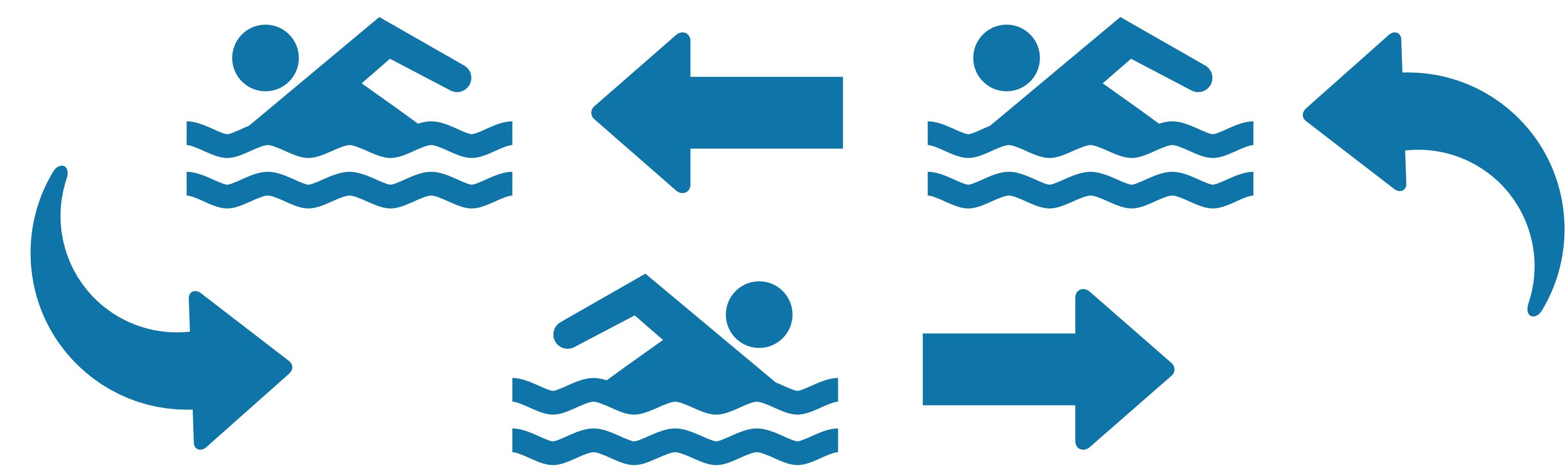
- When there are a few swimmers in the pool, any lane may be used.



- When the pool is busy, it is important to use the lane most similar to your type of swimming. Lifeguards will help regulate the lanes when the pool becomes busy.



- Split-Lane swimming is appropriate when there are two swimmers in a lane.



- Swim counter-clockwise when there are three or more swimmers in a lane.

- When resting on the wall, please move to the outside corner to allow other swimmers to pass easily.
- When passing, please be aware of on-coming swimmers to avoid collisions.
- Lap swim lanes are intended for those who wish to swim using any stroke that will not impede another swimmer. Please modify your stroke to avoid contact with other swimmers. Aqua-jogging is permitted as lap swim where appropriate.
- Please limit the number of swimmers to 8 per lane.



**OBEY THE LIFEGUARD AT ALL TIMES!**