

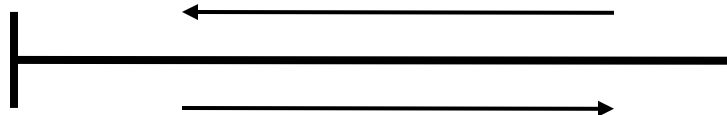


# Lap Swim Etiquette

## Cosumnes CSD Standards of Behavior for Recreation Programs:

*“For the enjoyment and safety of everyone, the CSD expects all participants to treat people and facilities with respect and abide by all rules and direction from CSD staff. The CSD reserves the right to refuse service to anyone for failure to abide by these standards.”*

- Lap swim is for adults ages 16 & older.
- Kick boards, fins, pull paddles, and pull buoys are allowed. There is no water exercise or walking equipment permitted in the lap lanes.
- When entering a lane make others in the lane aware of your presence before jumping in.
- Please do not leave your children unattended.
- Staff is not responsible for lost, stolen, or forgotten items.
- Sunbathing is permitted during lap swim hours but is limited to the competition pool area.
- No glass bottles or alcoholic beverages are allowed.
- There is no smoking permitted in the aquatics complex.
- Lanes are available on a first come first served basis. Please pay attention to which lanes maybe used.
- When there are more than two swimmers, per lane, please don't wait or leave, we ask that you circle swim. (see example below) This is to accommodate as many swimmers as possible.
- Only pass another swimmer in your lane at the wall. If someone is touching your toes as you swim, please stop at the wall and let them pass.



The Wackford Community and Aquatics Complex is a public swimming facility. We'd like to remind all of our patrons that swimming here and use of the pool is a privilege. Any behavior that is either inappropriate or unwanted may cause you to have that privilege suspended. We say this to ensure that all our patrons have an enjoyable experience visiting our facility.