

Rules for Using Lap Swimming Lanes

Please observe the following rules when using the lap swimming lanes –

- (1) Swim continuously in a lap lane.
- (2) Keep to the left at all times.
- (3) Observe and time the pace of other swimmers before entering a lane.
- (4) Don't disrupt the swimming action of other swimmers when entering a lane.
- (5) Swim in the same direction as other swimmers and at a similar speed.
- (6) Allow 5 to 10 seconds' swimming time between you and the swimmer in front.
- (7) Don't stop in the middle of a lane or rest on the lane-divider.
- (8) Please leave the lap swimming lane immediately when not swimming.
- (9) If you want to pass others, pass at the wall to avoid collision with other swimmers.
- (10) If a swimmer is about to pass you, pause at the wall to let him/her overtake you.
- (11) Any act (including swimming coaching activity whether for reward or otherwise) which is likely to endanger, obstruct, inconvenience or annoy other swimmers using the lap swimming lanes, are prohibited within the lap swimming lanes at all times.

循環泳線使用守則

泳客使用循環泳線時，必須遵守以下規則:-

- (一) 在循環泳線內應持續游泳。
- (二) 時刻靠左游。
- (三) 先觀察和估計其他泳客的速度才進入泳線。
- (四) 在進入泳線時，不要妨礙其他正在游泳的泳客。
- (五) 應與其他泳客保持同一游泳方向及相若的速度。
- (六) 請與前面的泳客保持 5 至 10 秒的距離。
- (七) 不要在泳線中央停留或靠在泳線上休息。
- (八) 如非游泳，請離開泳線。
- (九) 如想超越其他泳客，應在抵達池邊後才超前，以免發生碰撞。
- (十) 如後面的泳客示意將要超前，請前面的泳客在抵達池邊後，稍作停頓，以便讓其經過。
- (十一) 任何時間均禁止在循環泳線內作出任何相當可能對正在使用循環泳線的其他泳客造成危害、妨礙、不便或煩擾的作為(包括不論是否為了獲取報酬而進行的授泳活動)。