



MIT Recreational Sports Pool Etiquette

The following are simple etiquette guidelines that we use at the Zesiger Sports and Fitness Center Pool and Alumni Pool.

- Please notify the other swimmers before entering the lane.
- Please circle swim; Circle swimming is when you always swim on the right side and follow others in the lane. (note: two people splitting a lane and swimming on either side is acceptable when pool is in 25 yard configuration).
- Obey lane speed (i.e. fast swimmers in fast, slow/aqua joggers in slow)
- If you want to pass someone, tap them on their foot.
- Be aware of others in your lane – if faster let them go first, if slower give them 5 – 10 second lead. You can tell what the speed of the lane is by the yellow signs at the end of each lane.
- Lifeguards are here for your safety. Please do not distract them with long conversations. If you have a question, seek out the deck manager or speak briefly to lifeguard.
- Appropriate swim attire required. For females, appropriate swimwear is that which covers the breasts, buttocks, genitals and pubic regions. For males, appropriate swimwear is that which covers the buttocks, genitals and pubic region, i.e., specifically street clothes, thong and see-through swimwear are prohibited. Only clean footwear is permitted on deck.
- Only swim in a dept that you are comfortable – (i.e. don't go in 50M if you can't swim a length without stopping). The teaching pool is available for beginners.
- Please use the bathroom before entering the pool – no urine, feces, spitting, blowing of nose, or other bodily excretions in the pool.
- Please do not be loud in the pool area - no shouting or inappropriate noise in the pool.
- Please return equipment after use (i.e. kickboard, pull buoys, etc...).

If you have any questions or do not understand a guideline, please speak to a Lifeguard who will direct you towards a deck manager. If you are new to the Center, please feel free to sign up for an Aquatic Orientation to familiarize yourself to the Aquatic Center and learn all the pool rules (sign up at the Main Customer Service Desk).

Thank you and enjoy your swim!