

# Lane Sharing Guidelines

## Effective January 16, 2021

Under the current order from Dane County Health Department, swimmers are allowed to pass briefly when swimming laps.

### What this means for us:

- **Lane sharing is optional.** If you do not feel comfortable sharing your lane, please do not feel obligated to do so.
- **Lane sharing is for lap swimming only.** Water running, kicking with a kick board, or other activities where your head is up while you are working out are not permitted when sharing lanes.
- **Only 2 people per lane.**
- **Only 1 person per lane may start at each end.** Even if you are from the same household, please have each person in your lane start at opposite ends of the pool to limit crowding at the ends and allow for distance from those in neighboring lanes.
- **Please place one of the yellow laminated tent cards** at the end of your lane if you are comfortable with someone sharing your lane.

**Please do not interrupt someone's workout to ask** if they are comfortable sharing. This makes it difficult for unmasked swimmers to keep distance. It is up to the swimmer who is in the water to let those who might be waiting know if they are comfortable sharing.

Questions? Please contact [Cynthia@phfitness.com](mailto:Cynthia@phfitness.com)