

WHISTLE SIGNALS



One short whistle means stop and look at the lifeguard.



Two short whistles communicates that the lifeguard needs backup from another lifeguard.

EMERGENCIES

When you hear one long whistle blast, please exit the pool IMMEDIATELY AT THE CLOSEST SIDE. This is used at the end of a swim and also if there is a major emergency. That is why it's extremely important to exit quickly when hearing this signal.



Please shower with soap and warm water before entering the pools.

Welcome!

Recreational swimming is very popular here in Lac La Biche County.

In order to keep the environment safe, positive, and enjoyable for all of our guests, please follow our pool etiquette guidelines. Please read the guidelines and let us know if you have questions, comments or concerns.

Thank you for your time and have a safe enjoyable swim!

Sincerely,

Portage Pool Aquatic Staff



Lac La Biche County
welcoming by nature.

SWIMMING ETIQUETTE

TIPS FOR SWIMMING IN A SHARED SPACE

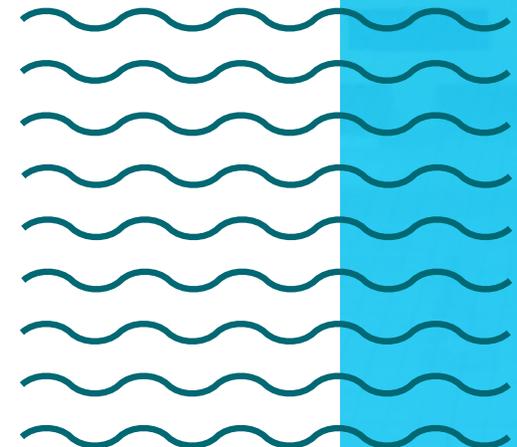


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LANE SPEED AND DIRECTION

- Choose a lane appropriate to your own speed. If you are continually passing others or being passed, please move to a different lane. Lifeguards may ask you to move for your own safety and the safety of other patrons.
- Remember that lane speed is relative. You may be a fast lane swimmer one day and a medium lane swimmer the next.
- Be aware of your surroundings and other swimmers at all times.
- Follow the swim pattern as outlined on each of the lane signs.

PASSING

- Passing should occur only at the ends of the lane.
- If you must pass mid lap do so only if you have a clear and safe path.
- If someone is attempting to pass you, please allow them to do so.
- Please do not pass or swim in a manner that is aggressive or dangerous to other patrons, or that may block their way.
- Do not hit or clip other patrons to encourage them to get out of your way, wait until it is safe and then pass. Ask the lifeguard if you require assistance.

TURNING

- Flip turn carefully towards the centre of the wall. Do not flip turn if the wall is particularly crowded. This helps avoid injury to yourself and others.

RESTING

- If you are resting at the wall beside the lane ropes, please be courteous to other swimmers and make room for their turns.
- Avoid hanging on lane ropes as this causes them to loosen and break.
- Please do not swim or rest in groups, it makes turning very difficult for other swimmers when the wall is crowded.

USE OF EQUIPMENT

Please be careful if you are using equipment (boards, paddles, fins). The lifeguards may ask you to remove your equipment if the swim is too crowded or you are swimming in an unsafe manner. Use of fins/flippers is only permitted at Lane Swim and Adult Lane Swim times.



SWIM START TIMES

- Read the swim schedule carefully. All swims begin at the scheduled time and no earlier.
- If you arrive early and the gates are shut, please do not open them yourself to enter the pool area. Lifeguards will only open gates at the scheduled time.

SWIM TYPES

Please refer to the rear of the public swim schedule to find out what features are available during each type of swim. For example, the wading pool is only open during Lane Swim, not during Adult Lane Swim.

WATER JOGGING AND AQUAFIT

- Water jogging and other aquafit activities are permitted in open swim and in the slow lane during lane swims.
- Water joggers must follow the swim pattern.
- Please be mindful of other swimmers and move if needed.

Pool Pointer:

Follow Portage Pool on Facebook to be the first to know about schedule changes, events, and more.

www.facebook.com/portagepool/

