



club natació banyoles

SWIMMING IN THE LAKE – PERMANENT LANE

Information, rules and regulations.

1. GENERAL INFORMATION

- SWIM IN THE LAKE CAN BE POSSIBLE THROUGHOUT THE YEAR UNDER REQUEST.
- THE TIMETABLE WILL BE FROM MONDAY TO SATURDAY FROM 7.00am TO 21.00pm AND SUNDAYS FROM 9.00am TO 13.30pm (July and August Sundays to 21.00pm).
- DURING OR PREVIOUS TO ANY COMPETITION OF ROWING, CANOEING OR TRIATHLON, SWIM IN THE LAKE WILL BE PROHIBITED WITHOUT EXCEPTION.

2. RULES AND REGULATIONS:

- ALL ATHLETES HAVE TO SWIM TO THEIR LEFT WITH THE LINE OF BUOYS AS REFERENCE.
- TO GET TO THE LAKE-LANE SWIMMERS HAVE TO GO THROUGH OUR EQUIPMENT AREA TOWARDS THE TRAMPOLINE ZONE.
- ALL USERS HAVE TO BE FEDERATED (open waters, swimming or triathlon).
- THREE LARGE BUOYS INDICATE THE ENDS AND THE CENTER LINE.
- THE SWIMMERS HAVE TO TURN BACK REACHING THE TOURIST OFFICE AND RETURN TO THE CNB.
- NO ONE WILL BE ALLOWED TO USE THE LANE WITHOUT PERMISSION OF CNB.