

Lane Departure Policy

Swimmers may exit the lane mid-practice under the following strictly regulated circumstances:

1. Sudden Realization You've Become Michael Phelps – Please leave immediately to notify the press.
2. Goggle Catastrophe of Biblical Proportions – i.e., straps snapping in a way that defies physics.
3. Shark Sighting in Lane 3 – Applies even if the “shark” is just Marcus doing butterfly.
4. Urgent Coffee Deficit – If blood-caffeine levels drop below survivable thresholds.
5. Luedtke's Joke Actually Made You Laugh So Hard You Inhaled Half the Pool – Safety first.
6. Other emergencies – including but not limited to alien abduction, divine intervention, or a sudden invitation to brunch.

All other departures should be saved for after warm-down, unless you can execute them with the stealth of a synchronized swimmer.

I assume the Enforcement Committee will be handing out an appropriate punishment