

### **Warm-Up Procedures**

1. General Warm-up
  - a. All lanes to be used for general warm-up. Circle swimming only.
  - b. Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool.
  - c. No sprinting or pace work allowed during general warm-up session.
  - d. Lanes will be available for warm/cool down at all times. No paddles, snorkels or other breathing devices, boards, or fins, will be allowed in the competition course and warm-up pool at anytime.
  
2. Specific Warm-up (upon request of coaches, and with concurrence of Meet Referee or designee)
  - a. The number of push/pace and race start lanes, and when they are made available, will be determined by the Meet Referee or his designee. In general, the outermost lane(s) should be used for push/pace, the next inner lane(s) for race starts, and the remaining lanes for general warm-up. For instance, for a 6-lane pool, lanes 1 and 6 would be for push/pace, lanes 2 and 5 for race starts, and lanes 3 and 4 for general warm-up. Any configuration is acceptable provided safety of swimmers is not compromised.
    - 1) Push/Pace Lanes: For short course, push off for 1-2 lengths of the pool from starting end; circle swimming only, under direct coach supervision. For long course, push off from either end, circle swimming permissible if considered safe by the Meet Referee and if swimmers are under the direct supervision of their coach by walking along with the swimmers.
    - 2) Race Start Lanes: Sprint lanes for race starts from blocks, deck, or for backstroke starts in specified lanes at designated times. Direct coach supervision is required. Swim in one direction, one length of pool only.
    - 3) General warm-up lanes: Circle swimming only.
  - b. Except for lanes designated for Race Starts, swimmers must enter the water feet first while maintaining at least one hand on pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING.

### **Safety Guidelines**

3. Coach Responsibilities
  - a. Coaches shall instruct their swimmers regarding these safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - b. Coaches shall supervise and be responsible for the conduct of their swimmers throughout the meet, including the warm-up session.
  
4. Host Club Responsibilities
  - a. Marshals
    - 1) The Meet Director shall appoint a minimum of two marshals for a 6-8-lane short course meet, and a minimum of four marshals for a dual short course or any long course meet.
    - 2) One of the marshals shall be designated Head Marshal. The Head Marshal shall receive instruction from the Meet Referee, and shall supervise the activities of other marshals.
    - 3) Marshals shall be current members of USA Swimming.
    - 4) Marshals should be clearly visible by wearing distinctive clothing during warm-up sessions and competition.
    - 5) Marshals shall be on deck during the entire warm-up session to enforce these Safety Guidelines and Warm-up Procedures.
    - 6) Marshals shall be on deck during competition to oversee pool areas designated by the Meet Director and Meet Referee for warm-up/warm-down.

7) If lifeguards are assigned to work the meet by the host facility, the number of marshals may be reduced, but in no case should the number of marshals be less than two.

8) Since lifeguards are usually under the supervision of pool management, they cannot be directed to enforce these safety guidelines and warm-up procedures. However, lifeguards can be asked to do so, if that is acceptable to pool management.

- b. Host team shall provide signs for each lane at both ends of the pool that indicate the designated lane use during warm-up sessions.
- c. Written notices regarding warm-up procedures and no-diving rules shall be posted within the meet venue.
- d. Host club may, with the consent of the Meet Director and Meet Referee, modify the time schedule or recommend lane assignments depending on pool configuration, provided safety considerations are not compromised. Any such changes shall be announced and/or posted prominently in the immediate pool area.
- e. The following statement shall appear in the meet information: "Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- f. An announcer should be on duty for the entire warm-up session to announce lane and/or time changes and to assist the conduct of the warm-up session. The announcer should announce race start lanes and warm-up procedures and remind coaches and swimmers of pool closings.
- g. Hazards within the swimming venue shall be removed or clearly marked.

#### 5. Safety Responsibilities During Warm-up and Competition

- a. The Meet Safety Committee shall consist of the Meet Director, Meet Referee and Head Marshal, and shall be responsible for all meet safety issues within the swimming venue.
- b. The Meet Referee shall have ultimate responsibility to establish and enforce rules for safe conduct within the competition pool area for the duration of the swimming competition.
- c. The Head Marshal shall enforce warm-up procedures and maintain order in the swimming venue. During the competition, the Head Marshal shall be responsible for enforcing all safety rules in all other areas other than the competition pool, and shall assist the Meet Referee in the competition pool area as required.
- d. Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of the Meet Safety Committee, to remove, or have removed, from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.
- e. The Meet Director shall ensure that any incident resulting in bodily injury or property damage is properly reported on a Report of Occurrence form.

#### 6. Miscellaneous

- a. "Swimming venue" is defined as the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around an outdoor pool), locker rooms, and such other areas as may be specifically designated by the Host Club or organization, Meet Director, or Meet Referee.
- b. Coaches of backstrokers shall ensure that backstrokers are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- c. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- d. Swimmers are required to exit the pool upon completion of the warm-up to allow other swimmers adequate warm-up time. The warm-up pool is not for visiting or playing.
- e. Warm-up procedures shall be enforced for any breaks scheduled during the competition.