SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1- WARM-UP PROCEDURES:

A.   GENERAL WARM-UP (First 20-45 minutes)

1.   NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool.  Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.

2.   No sprinting allowed during general warm-up session

3.   All lanes are to be used for general warm-up

4.   Divide by age groups as follows:

   a. Swimmers 12 & under, 20-30 minutes general warm-up

   b. Swimmers 13 & over, 30-45 minutes general warm-up

B. SPECIFIC WARM-UP (Last 30-45 minutes)

RECOMMENDED LANE USE

POOL               PUSH/PACE                 RACING STARTS                      GENERAL WARM-UP

  6 Lane                 1 & 6                                 2 & 5                                           3 & 4

  8 Lane                 1 & 8                                 2 & 7                                        3, 4, 5, & 6

  9 Lane                 1 & 9                                 2 & 8                                       3, 4, 5, 6, & 7

10 Lane                 1 & 10                               2 & 9                                     3, 4, 5, 6, 7, & 8

1.     Push/Pace Lanes - Push off one or two lengths from the starting end.  Circle swimming only.

        No diving or backstroke starts.

2.     Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.

3.     General Warm-up Lanes - NO DIVING OR BACKSTROKE STARTS. Circle swimming only.

4.     Divided by age groups as follows:

a.         Swimmers 12 & under, 10-15 minutes specific warm-up

b.         Swimmers 13 & over, 15-20 minutes specific warm-up

5.     Recommended lane use for Specific Warm-up Session:

        a.      6 lane pool - push/pace in lanes 1 & 6

                             racing starts in lanes 2, 3 & 4

                 general warm-up in lane 5

        b.      8 lane pool - push/pace in lanes 1 & 8

                             racing starts in lanes 3, 4, 5 & 6

                 general warm-up in lanes 2 & 7

c.     10 lane pool - push/pace in lanes 1, 2 & 10

                        racing starts in lanes 4, 5, 6 & 7

                 general warm-up in lanes 3, 8, & 9

SECTION 2- SAFETY GUIDELINES:

A.   COACHES RESPONSIBILITIES

1.   Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.

2.   Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B.   HOST TEAM RESPONSIBILITIES

1.   Marshaling

a.   a minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce the Safety Guidelines and Warm-up Procedures as outlined in Article IX

b.   marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.

d.   for continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:

1)   they are currently certified by Red Cross in Advanced Lifesaving and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director

2).  a marshal is provided to supervise the work of the lifeguards

2.   Host teams shall post signs at each lane at both ends of pool which indicate the designated use during warm-up.

3.   Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.

4.   The following statement shall appear in the meet information: “Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet.”  In addition, a copy of SRS, Inc. Safety Guidelines and Warm-up Procedures shall be included with each invitation, either within the invitation or as a separate page.

5.   An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.

6.   Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

C.   MISCELLANEOUS

1.   Use of hand paddles and other training devices during warm-ups is at the Meet Referee’s     discretion.

2.   Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.  Swimmers shall not step on the block if there is a backstroker waiting to start.

3.   Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.

4.   Warm-up procedures shall be enforced for any breaks scheduled during the meet.

5.   Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations, so long as safety considerations are not compromised.  Any such changes shall be announced, and/or posted prominently in the pool area.