

## Meet Safety Procedures

The following procedures have been established to ensure continuing safe swim meet conduct. The purpose of these procedures is to prevent accidents. Anyone seeing an unsafe condition or activity around the meet area should stop the activity immediately before someone gets hurt, then report it to the Meet Safety Director for a more permanent solution.

**MEET SAFETY COMMITTEE** - Meet Director, Meet Safety Director, Meet Referee, Host Coach

**Meet Safety Director** is responsible to ensure that all aspects of the meet are conducted in a safe manner. This includes:

**A. Pre-Meet Announcement**

1. Distribute warm-up schedule to all teams in their coaches packet and post in pool area.
2. List any special safety rules and building areas to be used for each meet.

**B. Warm-up in Competition Pool**

1. Establish specific times for each lane for general warm-up and sprints.
  - In General Warm-up, swimmers will use feet-first entry beginning at starting end of pool only.
  - In Sprint Lanes, racing start from starting end and swim one length only, with turn if desired, and exit from opposite end. No one should be allowed on the starting block until backstroker has started.
  - NOTE: Additional sprint lanes can be designated by the Safety Director when it is obvious during warm-up that they are needed.
2. Schedule and assign duties to an adequate number of Lane Marshals, minimum of three for a 6-lane pool or four for an 8-lane and larger pool, to actively supervise and control warm-ups. Specific lanes and/or deck responsibilities will be assigned to each Marshall.
  - Lane Marshals must be adult USA SWIMMING members.

**C. Continuous Warm-up in Separate Pool**

1. Establish specific lanes for general warm-up and for sprints. Clearly mark all lanes as to the type of warm-up and which shall be considered the starting end.
2. Schedule Lane Marshals to ensure that No Diving is done in general warm-up lanes and no circle swimming is done in sprint lanes.
  - For continuous warm-up pools, lifeguards from the host facility may serve as marshals IF:
    - a. They have passed Red Cross Senior Lifesaving, and
    - b. They agree to enforce the warm-up rules as instructed by the Meet Safety Director.

**D. Important Points for All Warm-ups**

1. Place some lightweight object on top of starting blocks for general lanes to remind swimmers that there is **No Diving** in these lanes. Traffic cones, boxes, or Lane Marshals work well for this purpose.
2. All swimmers in all lanes must start from starting end of the pool.
3. Coaches should maintain as much contact with their swimmers as possible - visual and verbal - throughout the warm-up period. Coaches' responsibility for supervision of their swimmers is the same at the meet as when on deck during practice.
4. Lane assignments can be either by team or by specific lane schedule. If lane schedule is used it must be clearly marked on the lane whether it is a general warm-up lane or it is a sprint warm-up lane.
5. The Announcer should announce lane changes and/or warm-up changes as per lanes for general and specific warm-up. The Announcer can serve as reminder of procedure.
6. Anyone deliberately violating safety rules after they have been warned should be brought to the attention of the Meet Director, who can remove them from the meet facility.
7. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm-up sessions should be split to provide a safe and adequate warm-up for all.

**E. Safety Responsibilities during Competition**

1. Meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competition pool area during the duration of the swimming competition.
2. Meet Safety Director shall have responsibility for safety rules in all other areas during competition and shall assist the Meet Referee in the competition pool area if necessary.
3. Meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.

**F. Host Coach**

1. The Host Coach is to be a consultant on warm-up procedures being established for that particular meet.

## Meet Warm-Up Procedures

Purpose: To ensure a safe and adequate warm-up period for all participants.

### GENERAL OR AGE GROUP MEETS

A 1-hour 15-minute warm-up is recommended with the last 15 minutes for 10 & Unders.

1. Split warm-up by age group (use 30-minute warm-up guide).
2. Split warm-up by sexes (use 30-minute warm-up guide).
3. Split warm-up by teams (use 30-minute warm-up guide), except 10 & Under last 15 minutes.
4. If 2 hours is allowed for warm-up use first 45 minutes for open warm-up. No Diving. Use last hour and 15 minutes for specific warm-up (i.e. 45 mins open warm-up, 30 mins girls, 30 mins boys, 15 mins 10 & U).

### SENIOR MEETS

#### 1-Hour Warm-up

- A. 20 minutes general warm-up
- B. 2 lanes sprint for 40 minutes (Racing Starts Permitted)
- C. Last 15 minutes additional sprint lanes (Racing Starts Permitted)

#### 30-Minute Split Session

- A. 10 minutes general warm-up
- B. 20 minutes open, 1 or 2 lanes sprint (Racing Starts Permitted)
- C. Last 10 minutes additional sprint lanes could be opened (Racing Starts Permitted)

#### 30-Minute Warm-up Procedure

##### SIX-LANE POOL

Lane 1 - 30 minutes General Warm-up	NO DIVING
Lane 2 - 20 minutes General Warm-up	NO DIVING
10 minute Sprint	RACING STARTS
Lane 3 - 30 minutes General Warm-up	NO DIVING
Lane 4 - 30 minutes General Warm-up	NO DIVING
Lane 5 - 20 minutes General Warm-up	NO DIVING
10 minute Sprint	RACING STARTS
Lane 6 - 30 minutes General Warm-up	NO DIVING

##### EIGHT-LANE POOL

Lane 1 - 30 minutes General Warm-up	NO DIVING
Lane 2 - 20 minutes General Warm-up	NO DIVING
10 minute Sprint	RACING STARTS
Lane 3 - 30 minutes General Warm-up	NO DIVING
Lane 4 - 30 minutes General Warm-up	NO DIVING
Lane 5 - 30 minutes General Warm-up	NO DIVING
Lane 6 - 30 minutes General Warm-up	NO DIVING
Lane 7 - 20 minutes General Warm-up	NO DIVING
10 minute Sprint	RACING STARTS
Lane 8 - 30 minutes General Warm-up	NO DIVING

#### 15-Minute Warm-up Procedure

10 minutes General Warm-up	NO DIVING
5 minute Sprint	RACING STARTS

### IMPORTANT POINTS:

1. Minimum warm-up time shall be 60 minutes before each session of the meet. Times shown above are minimum times for each group of a split warm-up (i.e., girls = 30 minutes, boys = 30 minutes) and may be extended.
2. Additional sprint lanes may be designated by the Meet Director or Safety Director when it is obvious during warm-up that they are needed.
3. In **General Warm-up Lanes**, swimmers will use feet-first entry beginning at the starting end of pool only. Circle swimming on right side of lane at all times. Faster swimmers have right-of-way. **NO DIVING!!!**
4. In **Sprint Lanes**, Racing Starts from starting end and swim one length only, with turn if desired, and exit from opposite end. No one should be allowed on the starting block until backstroker has started.
5. Coaches should instruct swimmers on sprint or pace work from the starting end of pool.

**DISCRETION AND COMMON SENSE MUST BE USED WHEN WARM-UP PROCEDURES ARE ESTABLISHED. THE PROCEDURES MUST FIT THE TYPE OF MEET AND THE CIRCUMSTANCES, NUMBER OF SWIMMERS, LANES AVAILABLE AND TIME AVAILABLE.**