

**New England Swimming Operational Risk Committee
Sit and Slide Entry Integration for Meet Warmups Policy**

*Approved September 13, 2022
Addendum approved October 13, 2022*

Overview

Based on the analysis of the data gathered from the 2021 safety/incident reports, the majority of safety incidents and associated injuries during New England Swimming events occur during meet warm-ups and/or at the starting block area. After Committee review of the data and subsequent discussions, the Operational Risk Committee would like to propose implement a required “sit and slide entry” during warm-ups at New England Swimming competitions. This is a policy already stated in the USA Swimming operational safety manual that we believe will be beneficial to integrate into the New England LSC. Meet directors will be responsible for including this policy in the meet information. Penalties for not abiding by this policy will be at the discretion of the Meet Referee, as already provided in the USA Swimming rules.

Proposal

“Sit and slide,” or “three-point” entries are to be enforced at all meets during any session with 12 & Under events, beginning at the start of the 2022 short course season. Further implementation of this policy will begin at the start of the 2023 short course season to all meet sessions.

Implementation- Effective September 1, 2022

The following sentence will be added under the “Safety” section of the required Meet Announcement template:

“For all sessions with 12 & Under events, swimmers must utilize a “sit and slide”/“three-point” entry to enter the pool for warm-ups, by first sitting on the deck, and then sliding, feet-first, into the pool. If the session includes both 12 & Under events and 13 & Over/Senior events, two warm-up sessions must be utilized, or the “sit and slide”/“three-point” entry will be required for all swimmers.”

Additionally, if a warm-up area for use during competition is provided at the facility, the following sentence will be added under the “Safety” section of the required Meet Announcement template:

“During competition, when entering the warm-up/warm-down area, a “sit and slide”/“three-point” entry is required at all times.”

Addendum added Oct 13, 2022: In extraordinary cases, due to bulkheads and other pool designs, it may be determined that it is unsafe or impossible for swimmers to perform the required sit and slide entry. In such extremely rare cases, the sit and slide rule may be modified. Exceptions to the sit and slide rule shall only be made when performing the sit and slide entry poses risk of injury to swimmers and/or risk damaging or ripping of swimsuits. An exception to

the sit and slide rule shall only be made when the Safety Monitor, Meet Director, and Meet Referee have evaluated the risks and unanimously determined that the use of the sit and slide entry poses such great risk as to be unsafe. In these cases, the Safety Monitor, Meet Director, and Meet Referee must determine and agree upon an alternative safety plan to ensure swimmer safety. Any time an exception has been made, the Meet Director shall report the exception to the New England Swimming Vice Chair of Program Operations, describing the extenuating circumstances, and include a description of the alternative safety plan implemented. Follow-up will be performed by the Vice Chair of Program Operations as appropriate.

Additionally, the above language will be added to the “Safety” section of the New England Swimming Competition manual.