

# Michigan Swimming, Inc.

## Standard Warm-Up Procedure

1. A designated supervisor shall be on deck during the entire warm up period.
2. Swimmers shall enter the water feet first except for starts which are limited to specified lanes.
3. Specify Lanes 2 and 5 (six lane pool) or Lanes 2 and 7 (eight lane pool) as one way sprint lanes with racing starts permitted at the starting end of the pool.
4. Place a cone marker or similar sign on starting platforms in lanes not specified as one way sprint lanes.
5. Specify all lanes for circle swimming (two lengths of the pool beginning at the starting end of the pool until such time as one way sprints begin).
6. If pace lanes are used, specify outside lanes as pace lanes (swimmers swim one or two lengths from an in water push-off position from the starting end of the pool).
7. May specify lanes for relay practice during the last 15 minutes of the warm up.
8. Coaches should stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
9. Swimmers should not be allowed on a starting platform when a backstroker is executing a start in the same sprint lane.
10. Swimmers shall not swim in the area where the diving warm up (if any) is occurring.
11. In facilities that have a warm up and/or warm up area different from the competition pool, meet management shall provide supervision pursuant to these rules at all times.
12. The Meet Referee may remove a swimmer, a coach and/or the entire team from the deck, events or the entire meet for violations of these guidelines.
13. For all Michigan Swimming sanctioned meets (LCM, SCM, SCY), all warm up and cool down areas must be marked. Due to safety issues all warm up and cool down areas need to include: (1) Lane lines/ropes--this can be modified lane rope with a few floats attached, some form of lane dividers facilitate safe circle swim. (2) Backstroke flags can be a rope or a cable with attached flags or visible markers a few feet apart that warns athletes they are five (5) yards or meters away from the wall.

**Directions to Host Club:** This document must be placed in several, highly-visible locations around the pool deck where it will be visible to both coaches and swimmers.

**Violations:** In the event that you observe a violation of the Warm-Up procedure, please inform the Meet Referee. Alternatively, if you observe a violation of the Warm-Up procedure, you may contact the Operational Risk Coordinator of Michigan Swimming, Dr. Melissa Millerick-May, at [melissa.may@miswim.org](mailto:melissa.may@miswim.org) to file a report.