

WARM-UPS AND POOL SAFETY

For the safety of all participants and spectators it is expected that coaches, team officials and parents will maintain order in the team areas and around the pool. Any behavior by a swimmer that is considered disorderly or unsafe will result in disqualification of the swimmer and expulsion from the pool area. This will be enforced by the Marshals, Meet Directors, and Meet Referees.

WARM - UPS

No pool warm-ups will be allowed unless supervised by a coach. Any swimmer in the competition pool without a coach will be removed from the pool and is subject to disqualification from the meet. The Lifeguards and Meet Marshals have the authority to remove any swimmer who is not using the pool for proper warm-up. Sprinting or pace work will be allowed during the general warm-up. All 16 lanes will be used for warm-up.

1. **General warm-ups** will be on Friday (from 2:15-3:30 p.m.), Saturday and Sunday (from 7:15-8:30 a.m). **Lanes 1, 3, 4, 5, 6, 8, 9, and 10** of the competition side of the pool will be for general warm-ups. **All lanes on the south end of the pool are also available for general warm up:** Circle swim only. **No diving** will be allowed from the blocks or edge of the pool. Swimmers must enter the pool feet first in a cautious manner.
2. **Race warm-ups** will be on Friday (from 2:15-3:30 p.m.), Saturday and Sunday (from 7:15 – 8:30 a.m).
Lanes 2 and 7 will be for race starts: sprint lanes for race starts from blocks or backstroke starts.
3. **8 & Under Specific Warm-up:** Friday (from 3:30-3:50 p.m.), Saturday and Sunday (8:30 – 8:50 AM) follows same guidelines. 8 & under swimmers are welcome to swim in the general warmup, however no swimmers 9 & up will be allowed in the pool after 8:30am.
4. **Breaks** - Lane assignments stated above will also apply to any other general warm-up period available during the meet, subject to change at the Deck Referee's discretion.
5. During competition, **the Shallow Lanes of the Pool** may be utilized for warm-ups and cool-downs of any swimmer. Reminder: There is **NO diving** allowed and swimmers are reminded that this restriction will be strictly enforced.
6. No kicking and pulling with boards and/or paddles will be allowed during warm-ups.
7. Any swimmer holding on to the lane ropes during warm-ups will be deemed as finished with his/her warm-up. Marshals will direct the swimmer to exit the water.

ADDITIONAL SAFETY REMINDERS

1. Infractions against the NO DIVING rule may, at the discretion of the Meet Referee, Meet Director, or Meet Marshal, result in the swimmer(s) being barred from their next individual event.
2. Backstrokers must enter the water feet first -- NO DIVING.
3. Swimmers are required to exit the water as soon as their swim is completed.
4. There will be no throwing of coaches or team members into the pool. The pool is closed following the last event.



GENERAL SAFETY POLICIES

Coaches and Team Directors are responsible for explaining safety regulations to all swimmers and spectators. These policies will be strictly enforced and violations could and will result in the removal of the swimmer and their team from the meet and the school premises.

All teams are to set up in the designated area assigned to your team. All teams will be on the grass area on the northeast side of the campus. Please be advised that the football field, baseball fields, and non-assigned hallways of the school are off limits. We are guests at the Acalanes High School campus. Any team not following team area guidelines will be removed from the meet and jeopardize future invitations to the County Meet.

There will be no seating or camping (remaining in the same spot for long periods of time) on the pool deck or around the pool. This area is only for getting into position for and watching an upcoming race. Please respect all gated/roped/taped-off areas as those are for meet workers and volunteers.

There will be assigned marshals roving through the team areas.

Any behavior deemed to be unsafe or inappropriate by a Lifeguard, Marshall, Referee, or Meet Director will not be tolerated. The Meet Director or Marshall has the authority to eject anyone behaving in an unsafe manner from the premises and recommend to the Meet Referee that such individual and/or their team be removed from further competition in the Meet.

Please keep control of your valuables at all times, but especially during finals, during the awards presentation and at the end of each day.

There will be no water balloons, water toys, skateboards, roller skates, or bicycles allowed. These items will be confiscated and placed in a locked facility for the duration of the day's events.

Small children need to be under the immediate supervision of parents. Only entered swimmers are allowed in the pools.

Horseplay is not permitted in the team areas or pool.

No glass objects are to be brought onto the premises.

No BBQs or gas grills are to be used.

NO dogs are allowed at the meet.

The Football Field and Track are off-limits.

**ALCOHOLIC BEVERAGES ARE PROHIBITED BY LAW ON SCHOOL PROPERTY.
Any alcohol possession may result in your team being removed from the Meet.**

ENJOY THE MEET!