

# **Southeastern Swimming**

## **Meet Safety Guidelines and Warm-up Procedures**

### **1. Coaches responsibilities**

- A. Coaches shall instruct swimmers regarding swimming safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
- B. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and at all practices.
- C. Coaches should stand near the starting end the pool when starting swimmers on swim or pace work.

### **2. Host team responsibilities**

- A. Marshaling
  - 1. A minimum of two (2) 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.
  - 2. Whenever a sprint lane is opened an additional marshal must be assigned to that lane's starting block.
  - 3. Marshals shall have the authority to remove from the deck for the remainder of the warm-up session any swimmer or coach who is in violation of safety guidelines or warm-up procedures.
- B. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the meet information: "Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- C. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- D. All starting platforms shall be anchored to the deck or bulkhead to remain stable at all times in accordance with USA Swimming Rules.
- E. All music played during warm-up times shall be kept at a low (background) level that will allow coaches and marshals to communicate with the athletes. The volume of the music may be turned up after the pool is cleared, and before the start of the meet to raise the excitement level for the competition.

### **3. Safety Guidelines**

- A. Swimmers shall enter the water feet first from the ends of the pool at all times during the warm-up session. Entering from the sides of the pool is forbidden.
- B. Swimmers shall not wear swim fins, hand paddles or any other equipment that could injure other swimmers or damage equipment (touch pads). The use of soft swim mitts

is permissible.

- C. Swimmers shall swim in a circular pattern during general warm-up.
- D. Practice starts from the blocks are only permitted in designated sprint lanes under the direct supervision of the coach.
- E. Backstroke swimmers shall insure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke swimmer waiting to start.
- F. **Warm-up Procedures when teams are assigned to specific lanes**
  - 1. Participating teams shall be assigned to specific lanes for the warm-up period based on the number of participants.
  - 2. The coaches of the teams assigned to each lane shall determine the warm-up procedure for that lane. Procedures must adhere to USA Swimming safety rules.
  - 3. Except during supervised racing starts, swimmers must enter the pool feet first in a cautious manner.
  - 4. Warm-ups may be segregated by gender, by age group or any mixture of the two in order to keep the number of swimmers warming up as equal as possible.
  - 5. The host club may choose to divide the teams into different warm-up sessions in order to have an entire team's athletes warm-up together. In this case, teams should be assigned to "early" and "late" warm-up sessions on different days so that no team has an advantage over another.