

Swim Meet Warm-Up/Down Safety Procedures – Hawaiian Swimming, USA Swimming and Nationally Recognized Procedures, Guidelines, and Information

Overview: Procedures are established to ensure safe swim-meet conduct. The purpose of procedures is to prevent accidents and to provide a safe environment for all participants. If necessary the Meet Referee and/or venue supervisor may close the warm-up and/or warm-down areas until a safe environment is realized. Although the Meet Referee, the Meet Director, and Meet Marshals are responsible for the safe conduct of all aspects of the meet, anyone seeing an unsafe condition or activity should stop/report the activity immediately.

- Marshals shall wear identifying attire and enforce warm-up/down procedures and maintain order in the swimming venue. The Marshal shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet. (USAS Rules and Regulations, 102.19)
- The Meet Referee shall assign marshals with specific instructions. (USAS Rules and Regulations, 102.11.4)
- The Meet Director shall organize the marshals prior to the start of the meet and assist the Meet Referee with directing the marshals and addressing any other safety concerns during the meet.
- Marshals are NOT required to be non-athlete members of USA Swimming.
- The Meet Referee nor the Meet Director can be designated as a Marshal. Coaches should not be designated as a Marshal unless their attention can be directed solely to active safety monitoring for all participants.
- There should be at least one male and one female Marshal. Marshals should periodically check the bathrooms, locker rooms, and/or changing rooms for un-safe or suspicious behavior.
- An announcer should be on duty for the entire session to announce lane and/or time changes and to assist with the conduct of the warm-up/down activities.
- Athletes without a coach are assigned to the meet host Head Coach or other designated USAS Coach Member and must adhere to all procedures required of other athletes.
- Venue personnel are responsible for assuring venue specific requirements are adhered to.
- Marshals are responsible for assuring safety guidelines, warm-up/down procedures, and venue specific requirements are adhered to.
- The Meet Director and/or Meet Referee may assign teams to specific lane and time for warm-up/down activities.
- Warm-up/down procedures should be posted at the swimming venue during the meet.

Warm-up / Warm-down periods: During all time periods venue lifeguard monitoring requirements must be adhered to in ADDITION to the following requirements. Warm-up and warm-down activities are broken into three distinct time periods and have different supervision requirements as follows.

- “General” or “Open-Lane” Warm-up is the time period specified as “Warm-up” in the Session Schedule of Meet Announcement where the competition pool and/or separate areas or pools are used. Typically this is from the time specified until the competition pool is cleared for equipment setup and/or races. Athletes must be supervised by their designated coach. At least one (1) Marshal should be actively monitoring the competition pool during General Warm-ups. Depending on the number of athletes participating and/or other factors the Meet Referee may require additional Marshals. Sprint and Start lane(s) times and procedures will be announced and may be specified in the Meet Announcement. If the competition pool is opened by the Meet Referee between races for warm-up/down activities procedures for General or Open-Lane Warm-up shall apply.
- “Continuous” Warm-up/down is the time period after the competition pool is closed for General warm-up and is located in a separate pool and/or separate area of the competition pool. Continuous Warm-

up/down pool areas should be actively monitored by a minimum of two (2) safety personnel at different vantage positions of the deck where at least one (1) shall be a designated Marshal and at least one (1) shall be a certified Lifeguard or a USAS Coach Member. Depending on the number of athletes participating and/or other factors the Meet Referee may require additional Marshals. The separate area/pool shall be closed for all activity if the required personnel are not present OR are not able to effectively monitor the area.

- "Supervised" Warm-up/down is any time the venue facilitator and Meet Director permit such activities outside of the time periods of General or Continuous Warm-up - prior to the scheduled start of the meet, the time period after the races of one session complete and the start of General Warm-up for the next session, and after completion of the last race of the day. Athletes must be supervised by their designated coach as required during a regular practice.

Athletes/Coaches:

- Coaches are responsible for instructing their athletes of safety guidelines, warm-up/down procedures, and venue specific requirements.
- Coaches are required to have their USA Swimming registration card prominently displayed at all times.
- Athletes must adhere to the direction of the lifeguards, marshals, and other meet safety personnel.
- Athletes must enter the pool from the starting end of the pool using a three-point entry. Race starts from blocks, deck, or backstroke starts may be done only in specified lanes at designated times.
- Circle-swimming only except in designated start/sprint lanes where athletes must swim one-length only and exit at the opposite end unless permitted otherwise by the Meet Referee.
- No paddles, boards, fins, or snorkels are allowed during General Warm-up.
- No playing or other non-warm-up/down specific activities.
- No stopping in the middle of a lane.
- No resting or hanging on lane lines.
- No resting or congregating at the walls of the pool or at the end of a lane unless receiving instruction from a coach.
- No swimming under bulkheads. Doing so may result in the immediate disqualification from the meet.
- No swimming in the area separating the competition area of a pool and the warm-up/down area.

Marshals:

- Recognize and appreciate the importance of your role and responsibilities.
- Be focused and actively monitor the warm-up/down areas assigned to you.
- Only coaches, athletes, and officials are allowed in the warm-up/down areas.
- Remind athletes, as needed, the purpose of the warm-up/down area is to "warm up" and "warm down".
- Marshals not assigned to the warm-up/down areas should patrol the locker rooms and other areas of the swimming venue.
- Multiple Marshals (or other safety personnel as needed) assigned to a warm-up/down area should be staged at different vantage positions of the pool deck.
- Take turns with short breaks and rotate positions as directed by the Meet Referee. Never leave a warm-up/down area unattended when rotating positions.
- Do not have your back to the pool when monitoring a warm-up/down area.
- Cell phones should be set on silent or vibrate.
- Do not make or take personal phone calls while assigned to a warm-up/down area.
- Do not walk together unless a specific inspection requires a witness.
- Report issues or potential issues that cannot be immediately resolved to the Meet Referee.
- Read the Meet Announcement prior to the meet as meet specific language may vary or change from time to time.