

WARM-UP/DOWN SAFETY PROCEDURES – Hawaiian Swimming, USA Swimming and Nationally Recognized Procedures, Guidelines, and Information

The full warm-up/cool-down procedures will be posted throughout the pool area, announced on a regular basis before and during warm-up in accordance with USAS Rules and Regulations, 202.5.10.

OVERVIEW

The purpose of procedures is to prevent accidents, to provide a safe environment for all participants, and to ensure safe-meet conduct. Although all venue personnel 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.

- 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.
- Venue personnel are responsible for assuring 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 / Warm-down period definitions

At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warmdown. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. (USAS Rules and Regulations, 202.5.3)

During all time periods, venue lifeguard monitoring requirements must be followed.

In ADDITION, there are specific supervision requirements for warm-up and warm-down activities:

1. General" or "Open-Lane" Warm-up: The designated warm-up time specified in the Session Schedule of Meet Announcement. The Meet Referee will announce Sprint and Start lane(s) times and procedures. Athletes must be supervised by their coach.
2. Continuous Warm-up/Down: The period after the competition pool is closed for general warm-up requires a minimum of two safety personnel, including a designated Safety Marshal and a certified USAS Coach Member for athletes. Coaches, or designated USA Swimming member coach, must actively supervise their swimmers with a direct line of sight to the pool, being physically present during warm-up/warm down to intervene for safety. No reliance on the 'Proximity rule' or 'line of sight' is allowed during other activities, such as taking splits or monitoring from the bleachers.

Athletes/Coaches:

- Coaches must display the identification band issued daily during the event.
- No paddles, boards, fins, snorkels nor other training equipment (e.g. stretch cords) are allowed during General or Continuous Warm-up.
- Athletes must follow the direction of lifeguards, Safety Marshals, and other meet safety personnel.
- No swimming under bulkheads. Doing so may result in the immediate disqualification from the meet.
- Athletes must enter the pool from the starting end using a three-point entry. Race starts are limited to specified lanes and designated times.
- Circle-swimming is allowed except in designated start/sprint lanes, where athletes swim one length and exit at the opposite end, unless the Meet Referee permits.
- No resting or congregating at the walls of the pool or the end of a lane unless receiving instruction from a coach.

MEET MARSHALS

Shall wear identifying attire and enforce warm-up 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, 102.18)

- The Meet Referee shall assign marshals with specific instructions. (USAS Rules and Regulations, 102.11.4)
- The Meet Director, on behalf of the meet host, 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 (USAS Rules and Regulations, 102.9).
- 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 only be designated as marshals if 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 unsafe or suspicious behavior.
- Marshals are responsible for assuring safety guidelines, warm-up/down procedures, and venue specific requirements are adhered to.
- Recognize and appreciate the importance of your role and responsibilities.
- Be focused and actively monitor the warm-up/down areas assigned too.
- 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 Director, Safety Coordinator, or Meet Referee.
- Read the Meet Announcement prior to the meet as meet specific language may vary or change from time to time.