

WARM-UP/DOWN SAFETY PROCEDURES (to be posted for coaches at meets, not in lieu of long form)

If a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. (USAS Rules and Regulations, 202.5.3). It shall be the coaches' responsibility to acquaint themselves and their athletes with the following 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.

If swimmers and coaches are unable to abide by the following procedures, if necessary, the Safety Coordinator, Meet Director, or Meet Referee may restrict, close, or prohibit the access of a specific team(s) to the warm-up and/or warm-down areas until the conclusion of the session, with persistent violations resulting in a complete prohibition throughout the entire meet.

15.01.2 Warm-up / Warm-down period definitions

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.

15.01.3 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.