

USA Swimming and Utah Swimming safety procedures will be enforced throughout the meet. Warm-ups are subject to the following procedures:

- **Warm-up:** Coaches have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all Utah Swimming safety procedures. All swimmers will enter the pool from a sitting or 3 point position. No pushing, splashing, running or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool.
- All USA Swimming athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist ***unaccompanied swimmers*** in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. 202.5.2