

Arrive 15 minutes before warm-ups to:

- Read these instructions and ask questions.
- Meet the Meet Referee and Meet Director. Learn who is allowed on deck, in locker rooms, and other areas.
 - Are any restrooms for athletes only? If so, confirm the location of non-swimmer restrooms. Find out any special instructions and policies.
- Locate where the lifeguards are

Provide a safe warm-up/down environment

- No diving or backstroke starts except in controlled one-way sprint lanes.
- Feet first entry from the ends at all other times.
- No swimming style or equipment use that poses danger to other swimmers.
- No congregating in lanes. Swimming only
- Report too many swimmers in a lane to Meet Ref
- Monitor warm-up/down areas throughout the meet
- No diving or backstroke starts except in controlled one-way sprint lanes.
- Feet first entry from the ends at all other times.
- No swimming style or equipment use that poses dangers to other swimmers
- No congregating in lanes, swimming only.
- Report too many swimmers in a lane to Meet Ref
- Monitor warm-up/down areas throughout the meet

Monitor meet areas

- Regularly walk through halls, lobbies, spectator areas, and other parts of the facility with meet goers.
- No running, horseplay, bullying, taunting, etc.
- No deck changing.
 - Remind swimmers. Notify coach.
- Respectfully request to see credentials from any adult on deck.
- Report any suspicious or resistant adults to the Meet Director or Referee.
- Blood or vomit: Notify lifeguards and stay in the area until addressed.

Monitor locker rooms and changing areas

- Collaborate with other marshals to conduct a two-adult periodic walkthrough of same-gender locker rooms.
- Check for use of prohibited recording devices including cell phones.
- Check for unauthorized adults.
- Encourage swimmers not to congregate.

Report unsafe areas to Meet Director

- Unsafe areas might include, electrical hazards, fall hazards like slippery decks, use of glass on deck, blood on deck, or anything you consider to be dangerous.
- Don't leave your post without approval from Meet Director or supervisor.