

## RVAA MEET SAFETY PROCEDURES

The following procedures have been established to ensure safe meet conduct.

Safety is an important factor for our program. Anyone seeing an unsafe condition or activity around the meet venue should intervene or summon available meet and/or facility personnel to immediately stop it. The unsafe conduct should also be reported to the Referee. At City/County the Meet director may also be notified.

These procedures **SHALL** be followed at all meets. The Referee has the authority to remove a swimmer/coach/club/parent from the meet for failure to comply with these safety procedures.

### GENERAL SAFETY GUIDELINES

1. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
2. Some areas of the venue may be off limits for the swimmers, parents, and coaches. These areas shall be clearly marked, and such boundaries shall be enforced.
3. Where feasible, the Announcer should announce periodic safety reminders throughout the meet.
4. No glass will be allowed on the pool deck and will be promptly removed if found.
5. No running on the deck is permitted during the meet or during warm-ups.
6. Horseplay is not permitted anywhere in the venue during the meet or during warm-ups.
7. No shaving is permitted anywhere in the venue (including locker rooms). Swimmer non-compliance will result in dismissal from the meet.
8. **USE** of cameras or camera cell phones is prohibited in restrooms/locker rooms.
9. A swimmer, coach, or parent may be removed from the deck and or venue for interfering with a Referee or any official in the performance of his/her duties.
10. Any accident/incident, no matter how seemingly insignificant, which occurs at the meet must be reported to the Referee.

## WARM-UP PROCEDURES

***Warm-ups will not begin until authorized by the Referee!***

1. The announcer shall announce warm-up lane assignments, special venue rules, and any change in the procedures as directed by the Referee.
2. Coaches are responsible for the conduct of their swimmers. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets.
3. Coaches must be in the immediate vicinity of their swimmers at the start of warm-ups to supervise the entry of their swimmers into the pool. Coaches must maintain line-of-sight control and supervision of their swimmers at all times. Swimmers who are unsupervised will not be allowed to warm up. All swimmers must start warm-ups at the starting end of the pool. **Entry into the pool from the sides and turn-end is prohibited.**
4. Entry during general warm-ups is feet first only. There will be **NO DIVING OR RACING STARTS** from the blocks or end of the pool during warm-ups except the last 5 minutes of each warm-up period..
5. Each team will be assigned a lane(s) and a specified time for warm-up. **Swimmers must NOT cut across adjacent lanes to exit the pool at one of the sides.**
6. During the sprint period of warm-ups, backstroke swimmers must be allowed to complete their start and to clear the area before any swimmer steps onto the block.
7. Use of training equipment (kick boards, paddles, etc) is prohibited during warm-ups.
8. At the end of warm-ups no one will be allowed to re-enter the pool to warm-up without Referee's permission..
9. At City/County there will be no warm-ups allowed.