

SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1 -- WARM-UP PROCEDURES:

- A. GENERAL WARM-UP (First 30-45 minutes)
 - 1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
 - 2. No sprinting allowed during general warm-up session
 - 3. All lanes are to be used for general warm-up.
- B. SPECIFIC WARM-UP (Last 30-45 minutes)

RECOMMENDED LANE USE			
POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
6 Lane	1 & 6	2 & 5	3 & 4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

- 1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
- 2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
- 3. General Warm-up Lanes - NO DIVING OR BACKSTROKE STARTS. Circle swimming only.

SECTION 2 -- SAFETY GUIDELINES:

- A. COACHES' RESPONSIBILITIES
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - 2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.
- B. HOST TEAM RESPONSIBILITIES
 - 1. Marshaling:
 - a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
 - b. Marshals shall be current members of United States Swimming.
 - c. Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
 - d. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
 - (1) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
 - (2) The host club must provide a marshal to supervise the work of the lifeguards.
 - 2. Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-up.
 - 3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
 - 4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 - 5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 - 6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.