

COLORADO SWIMMING, INC. WARM-UP PROCEDURES

I. Organization for Implementation

A. MEET SAFETY COMMITTEE

1. The Meet Safety Committee shall consist of the Meet Referee, the Meet Director and the host clubs Safety Coordinator acting with the Meet Safety Director/Head Marshal. It is recommended that this Committee prepare and implement an “*action plan*” to ensure safety is considered during warm-up session and swimming competition. The committee should review the warm-up procedures with the Coaches and Marshal monitoring the warm-up sessions and competition. It is recommended that all Coaches and Officials instruct their athletes and other interested parties in safety issues before any practice, warm-up or competition.

B. COACHES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets.
2. Coaches should supervise their swimmers throughout the pre-meet session and meet.
3. Coaches shall display their credentials (USA Swimming Coach Member card) at all times during the warm-ups and competition. This is to ensure that all coaches are current in *Safety Training*. Failure to do so may result in disciplinary action (such as, but not limited to, swimmers for that team entered as “*unattached*” and the coach not allowed on deck).

C. MARSHALS

1. Marshals should be planned according to the formula of two (2) Marshals for every six (6) lanes. An eight (8) lane pool would require three (4) Marshals as an example. The Marshals shall report and receive instructions from the Meet Safety Committee and shall be on deck during the entire warm-up procedures. These Marshals shall report to the Meet Safety Committee unsafe conditions or activities and any disciplinary actions they have taken to enforce safety.
2. Marshals shall be clearly identified.
3. Marshals may be Lifeguards from the host facility who may supervise if they have passed Red Cross Advanced Lifesaving and they agree to enforce warm-up rules as instructed by the Meet Safety Committee members.
4. Marshal should supervise continuous warm-up pools. Activities in a continuous warm-up pool must be supervised by a Safety Qualified Lifeguard, Marshall, or Coaches assigned by the Meet Safety Committee.

II. WARM-UP PROCEDURE

A. Modifications of warm-up procedures

1. Host clubs may, with the consent of the Meet Safety Committee, modify the time, schedule or recommended lane assignments depending on pool configuration, number of swimmer, or other considerations, so long as safety is not compromised. Any such change shall be announced and posted prominently in the areas of competition.
2. Split warm-up sessions
 - It is recommended that the Meet Safety Committee evaluate the number of participations that are in need of warm-up per session before the meet. It is recommended that the Committee consider a split warm-up if more than 10 athletes per lane for short course and 25 swimmers long course are “anticipated”. As an example, six-lane short –course pool could effectively warm-up 60 athletes per session but could accommodate 120 athletes per session with a split warm up procedure. This ratio does not preclude the host team from splitting a session to obtain a better swimmer to lane ratio.
3. Split warm-up strategies
 - The session may be simply split into two equal warm-up session and follow the Specific warm-up protocol listed below in section V. Each session would have a general warm-up period followed by push/pace and race starts/sprints.
 - Team lane assignment modification. The Meet Safety Committee may assign lanes to specific clubs and specific warm-up sessions. It is recommended that no session be less than 25 min. if possible. The coaches are responsible for safety in their assigned lanes.
 - Strong consideration should be considered of age and skill appropriateness. (10&U/Seniors, D/Novice/AAA) but is ultimately the coaches responsibility for maintaining a safe warm up session
 - Teams may be assigned specific lanes and are permitted to conduct their warm-up in any manner they desire as long as general safety procedures are followed. This includes but is not limited to starts with one-way swimming only.

- Any other strategies for warm-up are permitted as long as they in concurrence with the Meet Safety Committee and follows generally accepted Safety Protocols.
- If there are multiple teams assigned to a specific lane, each team must agree on when to switch to specific warm-up including but not limited to push/pace or starts/sprints with one way swimming. The Meet Referee shall arbitrate failure of agreement between teams sharing lanes.

III. RULES FOR GENERAL WARM-UP

A. Overview

1. The preferred method on entering the water is slip & slide followed by feet-first entry. At no time should the athlete enter the water head first unless starts are being directly supervised by their coach.
2. All swimming will be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.
4. No swimming under bulkheads of pools. Swimmers caught swimming under bulkheads may, at the discretion of the Meet Referee, be dismissed from the meet and not allowed to compete in any of the sessions.

IV. GENERAL WARM-UP PERIOD

A. Overview

1. Usually consists of the first 30-45 min. of the warm-up session.
2. NO DIVING...Swimmers MUST enter the water either feet first or slip & slide.
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

V. SPECIFIC WARM-UP PERIOD

A. Overview

1. Recommended for 30-45 minutes of the warm-up session.
2. NO DIVING, feet first or slip & slide entries.
3. See recommendations below.
4. It is recommended that starts be assigned to the outside lanes. Swimmers may exit from the side of the pool and will not interrupt swimmers in push pace or general warm-up especially during long course season.

Pool Size	Push/Pace	Race starts/Sprints	General
5 lanes	lanes 2 & 4	lanes 1 & 5	lane 3
6 lanes	lanes 2 & 5	lanes 1 & 6	lanes 3 & 4
8 lanes	lanes 2 & 5	lanes 1, 7 & 8	lanes 3, 4, & 6
10 lanes	lanes 2, 4, & 6	lanes 1, 9, & 10	lanes 3, 5, & 8

Push pace general

- a. Push off one or two lengths from the starting end, circle swimming only (counter-clockwise), NO DIVING feet first or slip & slide entries only.

Racing Starts

- a. Sprint lanes for race starts from blocks or for backstroke starts in specified lanes at designated times.

VI. CONTINUOUS WARM-UP POOLS

- A. Same guidelines as General warm-ups.