

## **WARM-UP PROCEDURES**

### **General Warm-up (First 40 Minutes)**

- **No Diving or Racing Starts allowed from the blocks or edge of pool. Swimmers must enter feet first in a cautious manner.**
- **No sprinting or pace work allowed during this general warm-up period. Circle swimming by swimmers in all lanes.**
- **All lanes are to be used for general warm-up.**

### **Specific Warm-up (Last 20 Minutes)**

- **Racing starts are permitted off the blocks with one directional swimming only. Swimmers must exit the pool at the opposite end of the block start and walk back for additional starts.**
- **Ensure that swimmers practicing back starts are protected from block starters during this warm-up.**

### **Safety Guidelines for Coaches**

- **Coaches shall actively supervise their swimmers throughout the warm-up period.**
- **Coaches should maintain as much contact with their swimmers as possible, both verbal and visual throughout the warm-up period.**
- **Coaches should stand near the starting end of the pool when starting swimmers on sprint or pace work.**
- **Coaches shall adequately discipline their team to ensure maximum safety.**

**\*\*Violations of safety rules during the warm-up periods can disqualify the whole team from warm-up practice at the discretion of the Meet Director.**