

# ARIZONA CONTROLLED MEET WARM-UP AND SAFETY GUIDELINES

## A. WARM-UP PROCEDURES

- 1 General Warm-up (first 30-45 minutes)
  - a. **NO DIVING** allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner.
  - b. No sprinting or pace work allowed during this general warm-up session.
- 2 **Specific Warm-up** (last 30-45 minutes)
  - a. **Push/Pull Lanes**- Push off one or two lengths from the starting end. Circle swim only. **NO DIVING.**
  - b. **Diving Lanes**-Sprint lanes for diving from blocks or for backstroke starts in specified lanes at designated times. (One Length only)
  - c. **General Warm-Up Lanes- NO DIVING.** Circle swim only.
  - d. Approximately half way through diving and push/pace, additional lanes may be opened at the request of the coach.

| Pool    | Lane Use  |        |               |                  |
|---------|-----------|--------|---------------|------------------|
|         | Push/Pace | Diving | Addn'l Diving | General Warm-Up  |
| 6 Lane  | 1 & 6     | 2 & 5  | 3             | 3,4              |
| 8 Lane  | 1 & 8     | 2 & 7  | 3 & 6         | 3, 4, 5, 6       |
| 9 Lane  | 1 & 9     | 2 & 8  | 3 & 7         | 3, 4, 5, 6, 7    |
| 10 Lane | 1 & 10    | 2 & 9  | 3 & 8         | 3, 4, 5, 6, 7, 8 |

## B. SAFETY GUIDELINES

- 1 **Coaches Responsibilities**
  - a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - b. Coaches shall actively supervise their swimmers throughout the warm-up session at meets and all practices.
- 2 **Host Team Responsibilities**
  - a. **Marshaling**
    - 1 A minimum of two (2) marshals, who report to and receive instructions from the Meet Referee shall be on the deck during the warm-up session.
    - 2 Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
  - b. The host team shall provide signs for each lane at both ends of the pool which indicate the designated use during warm-up.
  - c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the information: "Arizona Swimming Safety Guidelines and Warm-up Procedures will be in affect at this meet."
  - d. 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.
  - e. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators or officials shall be removed or clearly marked.
- 3 **Miscellaneous:**
  - a. Backstrokes' shall ensure that they are not starting at the same time as a swimmer on the blocks.
  - b. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - c. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
  - d. Warm-up procedures shall be enforced for any breaks scheduled during the competition..
  - e. Use of any training equipment during controlled warm-up shall be prohibited.

**NOTE:** Host clubs may, with the consent of the Meet Referee or his/her designee, modify the warm-up time schedule or or recommended lane assignments depending on pool configuration, number of swimmers or other consideration, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.