



SANCTIONED EVENT WARM-UP PROCEDURES

Warm-up procedures for Lifesaving Society sanctioned competitions have been developed for safe and orderly conduct during warm-up. These procedures are to be followed by participants including athletes, coaches, officials and pool staff.

During the designated warm-up period, the Meet Manager and Safety Officer are responsible for warm-up procedures. Non-compliance with these procedures may result in a warning or removal of the participant from the warm-up, and possibly further reporting to the competition management committee for action.

The Safety Officer and Safety Marshalls will actively monitor the warm-up for compliance with the procedures. The Safety Officer should be notified of any swimmers who are participating in warm-up who may have special needs. Lifesaving Society certified national lifeguards must be present for warm-up.

GENERAL WARM-UP RULES:

- Swimmers will enter the water **feet first** in a cautious manner.
- No running on the pool deck or diving from the side of the pool.
- Meet Management will provide signage to indicate designated lane use for warm-up.
- Notices/barriers will be placed on starting blocks to prevent diving for the warm-up.
- **Dive starts** are only permitted in designated **sprint lanes** for the warm-up.
- Lanes shall be open primarily for circle swimming for the warm-up.
- Coaches and swimmers will allow athletes doing **backstroke** the **right of way** for safety purposes.
- Coaches will monitor athletes for warm-up.
- Meet Management may designate a **sprint lane(s)** and/or a **pace lane(s)** for the warm-up.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and pace lane(s) may be opened for the last 15 minutes of warm-up or as designated by Meet Management.
- Outside lanes should be designated as sprint lane(s).
- Only **one-way** swimming shall be permitted in **sprint lane(s)**.
- **Sprint lane(s)** and **pace lane(s)** shall be **clearly marked** with signage.
- The following statement shall appear in the sanctioned event registration package and in posted notices on the deck: "**LIFESAVING SOCIETY WARM-UP PROCEDURES WILL BE IN EFFECT AT THIS SANCTIONED COMPETITION**".

EQUIPMENT:

- Flutter boards and pull buoys are allowed.
- **Rescue tube(s)** and **racing fins** are **not allowed**, unless designated by Meet Management.