

## MASTERS SWIMMING WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Masters Swimming Canada competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### GENERAL WARM-UP:

- Swimmers must enter the water FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15-minute warm-up period at least every 2 hours. There shall be a 15-minute warm-down period at the conclusion of the meet.
- Twenty minutes prior to the end of warm-up, one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as per above, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one-way swimming only. Upon completion of the length, the swimmer shall leave the lane.
- The competition pool will be available one hour prior to the start of the meet and during the lunch break each day. A separate warm-up pool will also be available throughout the meet.
- Lane 8 shall be reserved for slow swimmers or swimmers with a disability. The fastest swimmers are encouraged to use lanes 4 and 5 during general warm up. Swimmers are asked to warm-up in the pool designated for their gender that day.
- Pool space will be provided for cool-down up to 30 minutes following the end of the session.

### EQUIPMENT:

The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, and the use of hand paddles or swim fins, shall be prohibited. Kick boards, pull-buoys, ankle bands, and snorkels are permitted for use.

### VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be reported to the Referee and may be removed without warning from their first event following the warm-up period in which the violation occurred.

## **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the pool(s) and, when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

## **PARA-SWIMMER NOTIFICATION:**

- Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Masters Swimming Canada sanctioned meet information and posted notices:

**“MASTERS SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**