

## WARM-UP PROCEDURES

### Hawaiian Swimming

The following procedures have been established to insure continuing safe swim-meet conduct. The purpose of these procedures is to prevent accidents. Although the Meet Safety Director is responsible for the safe conduct of all aspects of the meet, anyone seeing an unsafe condition or activity should stop the activity immediately.

The host team has the right to choose which type of warm-up procedure to use and this decision must be made known to all teams in the meet notice.

#### IMPORTANT POINTS

1. The Meet Safety Director is the Head Coach or a certified designee of the host club.
2. All coaches are responsible for their swimmers for the duration of the meet.
3. Coaches should maintain as much contact with their swimmers, both visual and verbal, throughout the warm-up period.
4. Any swimmer(s) who have no coach or certified designee must gain approval from the Meet Safety Director before entering the pool. Upon approval, the swimmer(s) become the responsibility of the Meet Safety Director for the duration of the meet or until a certified coach arrives.
5. Coaches should be reminded to be at the starting end of the pool when starting swimmers on sprint or pace work.
6. All swimmers in all lanes must enter the pool from the starting end of the pool.
7. Where possible, the starting end should be the deepest end of the pool.

#### TYPES OF WARM-UP AND PROCEDURES

- I. Open lane warm-ups
  - a. Designated time frame in which entire pool is open for warm-up. Coaches must be on deck supervising and all swimmers must enter the pool at the starting end of the pool with a feet-first entry.
  - b. At a designated and announced time period, the pool is to be altered to accommodate the following configuration:
    - i. Lanes 1 & 2: Pace lanes – feet-first entry, one or two lengths of the pool beginning at the starting end only with circle swimming on the right.
    - ii. Lanes 7 & 8: Start/sprint lanes – racing start, beginning at the starting end only, one length of the pool.
    - iii. Lanes 3 – 6: Open swimming with circle swimming on the right, with faster swimmers having the right of way. No paddles. Feet-first entry.
- II. Assigned lane(s) warm-ups
  - a. Meet Director must inform all coaches of their assigned warm-up period one (1) week prior, or the Monday prior to the meet.
  - b. One lane per team with the discretion of the Meet Director. If two or more teams are assigned to a lane, the coaches should be notified in advance. Consideration should be given to the total number of swimmers involved.
  - c. If two shifts are needed, each shift should last 40 minutes. If three shifts are needed, each shift should last 30 minutes.
  - d. Thirty minutes prior to the opening of the assigned warm-up period, the pool should be open for open lane warm-up.
  - e. Thirty minutes after the closing of the assigned warm-up period, the pool should be reopened for open lane warm-up.
  - f. Each coach is responsible for the safety of his team during this warm-up period. Coaches must be on deck supervising and all swimmers must enter the pool at the starting end with a feet-first entry.
- III. Warm-up/Warm-down periods
  - a. No warm-up/warm-down is allowed during the running of the meet or during breaks unless noted in the meet notice.
  - b. If the host club chooses to allow swimming during breaks or in a separate area during the meet, that area must be supervised by the Meet Safety Director or a certified designee. (Note: Lifeguards may not be used unless they are USA Swimming registered as well as have current CPR and First Aid Training.)