

WARM-UP PROCEDURE

In order to satisfy safety requirements the warm-up will be organised as follows:

- ◆ Warm-up Marshalls shall direct the entire proceedings
- ◆ Swimmers who ignore instructions, or place themselves or others in danger, may be asked to leave the pool
- ◆ There will be two single gender warm-up sessions each of 20 minutes
- ◆ Girls will warm up from 6.20 pm to 6.40 pm, boys will warm up from 6.40 pm to 7.00 pm
- ◆ Lanes 1 and 2 will be for swimmers aged 9 and 10 years only
- ◆ Lanes 1, 3, 5 & 7 will swim in a continuous clockwise direction
- ◆ Lanes 2, 4, 6, & 8 will swim in an continuous anticlockwise direction
- ◆ Entry to the pool, other than in the designated sprint lanes, must be from the shallow end only
- ◆ There will be NO DIVING at all during the warm-up except in designated sprint lanes
- ◆ There will be no use of floats, pull-buoys or fins
- ◆ Lanes 7 and 8 will become designated sprint lanes 10 minutes into the warm-up sessions
- ◆ Additional sprint lanes will be allocated if necessary
- ◆ Designated sprint lanes will operate one way from deep to shallow with entry from the deep end
- ◆ Swimmers must NOT exit the pool at the start end other than by the steps
- ◆ Each coach is responsible for their own swimmers and a swimmer must not enter the warm-up without being under the direct supervision of their coach on the poolside.