

Safety Guidelines & Warm-Up Procedures

SAFETY GUIDELINES

WARM-UP/WARM-DOWN: If no separate warm-up facility is available, host shall designate one lane for continuous warm-up/warm-down. If possible, double lane lines between the warm-up/warm-down and competition areas are desirable. Outside lanes furthest from the starter are the most desirable lanes for continuous warm-up/warm-down.

Only USMS registered swimmers may swim in the designated warm-up/warm-down lanes. If the host facility has other areas, e.g. pools, jacuzzi, weight rooms, etc., that are concurrently being used by persons who are not registered with USMS, supervision of these persons is the responsibility of the host facility.

LIFEGUARD(S): A certified lifeguard is required on the pool deck during warm-ups and throughout the entire meet. If the warm-up/warm-down pool is physically separated from the competition pool, a guard is required for each separate area.

SAFETY MARSHALS: There shall be at least two safety marshals on deck and positioned at both ends of the lane lines during the entire warm-up session to enforce these "Safety Guidelines and Warm-Up Procedures". He/she shall be required to wear the OMS provided Safety Marshal vests. *Meet officials and on duty lifeguards shall not be safety marshals. During the pre-meet warm-up, swimmers shall not be allowed in the pool until the safety marshals are in position.* During continuous warm-up periods during the meet, the lifeguard(s) may serve as the safety marshal(s) when only one lane is available for warm-up/warm-down. If more than one lane is available for warm-up during the competition or if the warm-up/warm-down pool is physically separated from the competition pool, safety marshals at both ends of the pool are required.

SIGNS: **No Diving** signs must be posted on each block and at the non start end of the pool. Laminated orange signs will be provided by OMS. (Signs should not be placed directly on the deck surface due to the danger of swimmers slipping on them.)

ANNOUNCER: An announcer must be on duty for the entire warm-up session to announce the start of the warm-up session, lanes and times for sprint lanes, and to assist with the conduct of the warm-up.

EMERGENCY PLAN: Host team must provide a designated person, at the facility throughout the warm-ups and meet, who is familiar with the facility's emergency plan, e.g. telephone number, street address/location, procedures, etc. This person must be designated to the safety coordinator (or his/her designee) of OMS prior to the start of the warm-up session.

WARM-UP PROCEDURES

WATER ENTRY: Swimmers must enter the feet first in a cautious manner. No diving is allowed except in designated sprint lanes.

RACING STARTS: Racing starts (including backstroke starts) may be made only in designated SPRINT lanes during the pre-meet warm-up session.

SPRINT LANES: One or two lanes shall be designated as ONE WAY SPRINT lanes during the pre-meet warm-up session. One lane shall be designated no later than 30 minutes after the start of the warm-up session and a second lane may be designated for sprints no later than 40 minutes after the start of the warm-up session. Recommended lane designations for Sprint lanes are as follows:

6 Lane Pool: Lanes 2 & 5

8 Lane Pool: Lanes 2 & 7

9 Lane Pool: Lanes 2 & 8

10 Lane Pool: Lanes 2 & 9

MISCELLANEOUS EQUIPMENT: Usage of hand paddles shall be prohibited during warm-ups. Usage of other training devices, e.g. kick boards, fins, pull buoys, etc. may be used at the discretion of the meet director.

Guidelines for Timers

Timing is the Most Important and Critical Job at the Meet!

Head Timer is: _____

Head Lane Timer: One timer per lane is designated as Head Lane Timer.

- Determines that the correct swimmer is in his/her lane (asks the swimmer his/her name).
- Determines that relay swimmers swim in the order listed on relay cards.
- Records all watch times.

All Lane Timers:

- Use index finger to push watch buttons.
- Start watch on strobe light or sound if strobe is not visible.
- Check watch after the start to make sure it is running.
- If watch malfunctions, raise hand to signal head timer.
- Keep careful count of lengths swum and record as instructed for events 200 yards or longer
- At the finish, stand directly over the edge of the pool for the best view of the swimmer. Watch for an underwater touch.
- Stop watch when any part of the swimmer touches the wall or pad (if used).
- One or more lane timers will also push an electronic timing button (if used) at the finish of each heat. Always push the same electronic timing button.
- Keep the electronic timing buttons out of the way of swimmers, i.e. do not put them on the blocks or steps.
- Return to and sit in chairs to record watch times.
- Make sure watch is cleared after recording times.
- If you need a break, raise your hand. The head timer will get a relief timer.
- Be dignified, but have fun!

Guidelines for Announcers

The announcer is a key factor in (1) maintaining continuous and timely progression of the meet and (2) ensuring a safe and enjoyable meet. Primary responsibilities include informing competitors of safety precautions, announcing which heat is in the water, and informing swimmers in upcoming heats to be prepared behind the blocks.

The announcer also is a key component in generating spectator involvement in the meet. The manner in which an announcer directs attention to exciting races can change a meet from an endless set of time trials into an exciting event. In particular, an announcer who lets the spectators know when a record might be, or is broken, involves everyone at the pool in the excitement.

Prior to the Meet:

- Obtain a copy of the meet and/or course records, zone, and national records from the meet director or from the web (www.swimoregon.org) during the week prior to the meet. Keep this for reference to be used during the meet.

During Warm-Up Periods:

- Frequently announce safety precautions, such as “Feet first entry except in designated sprint lanes.” If the meet host has designated warm-up lanes by speed or age, announce which lanes are for which speeds and which ages.
- Announce when and where sprint lanes will be opened; then announce when they are open.
- Acknowledge any OMS Host coaches that are available on deck for starts and on deck coaching.
- Announce any other key information needed about the start of the meet, warm-ups/warm-downs during the meet, distance and relay event check-in deadlines, location of split request and problem notification forms, banquet information, etc.

During the Meet:

- At least once each heat, announce which heat of how many is in the water, e.g. “Heat 2 of 6 heats of the men’s 200 Breast is in the water”. Keep swimmers in the upcoming heats informed as to when they should be behind the blocks and ready to swim.
- Remind swimmers regarding quiet for the starts especially in any adjacent warm-up/warm-down lanes.
- As many times as necessary, announce key information about exiting the pool after events. For example, in some meets swimmers go to the sides, while in other meets, swimmers are supposed to remain low in the water after finishing and let the next heat’s competitors dive overhead.
- Names of swimmers in the water may be announced if time allows during the heat. For example, there may not be time to do this during the 50s, but there is plenty of time during the 200s and longer races.
- Periodically thank officials, timers, meet personnel, OMS host coaches and any other persons or groups that should be recognized during the meet.