

Sussex County ASA

Warm up guidelines for county galas

Overview:

1. It is important for the safety and benefit of all swimmers that all coaches and team managers work together, promote good practices, know the guidelines, keep their swimmers informed and cooperate fully with the following guidelines, Warm Up Marshall and any announcements.
2. Safety is paramount and there is an expectation of common sense and good practice when it comes to the organisation of the swimmers conducting their initial general warm up in the majority of lanes.
3. Please ensure your swimmers are educated and informed of all warm up guidelines, timings and what is the expected behaviour and good practice when warming up.
4. A coach appointed as Warm Up Marshall should only carry out that role. Supervision of their club's swimmers must be passed to other members of the club's coaching team.
5. Coaches and team managers are responsible for the behaviour of swimmers on poolside and in the water and must take all reasonable steps to prevent accidents and injury.

Guidelines:

- **Always use a safe feet first entry in general warm up.**
- **Do not stop mid pool or hold onto the lane ropes.**
- **Only overtake at the ends of the pool if safe to do so.**
- **Do not block the end of the lanes so that others may turn easily.**
- **Swim clockwise in "odd" numbered lanes and anti-clockwise in "even" numbered lanes so that swimmers swim alongside each other in the same direction.**
- **Ask swimmers to exit at the opposite end to the official start end where they entered.**
- **Prevent overcrowding by ensuring there are only 12/14 swimmers using each lane (short course) or 25/30 (long course).**
- **Ensure swimmers enter and exit the pool exactly at their allotted time – this prevents overcrowding and swimmers of diverse age/size being in the same lanes together.**
- **The promoter will have calculated the numbers for each warm up period so that the number of lanes relates to the appropriate number of athletes.**

Swimmers should only use designated "sprint" or "pace" lanes at the exact allotted time on the meet warm up sheet or when directed by the announcer. The number of these designated lanes and their time period will have been planned according to the total numbers in that warm up period and those about to start the next period so please ensure all swimmers enter and clear these lanes at the designated times or when told by the announcer.

- **Swimmers should avoid stopping in the middle of "sprint" lanes, they ideally finish the length and walk back to their coach for any feedback.**

If you have any concerns about any of these guidelines contact the Event Manager or the County coach.

Thank you for your support and cooperation.