

APPENDIX VI

FAIRFIELD COUNTY SWIMMING LEAGUE SWIMMING WARM-UP PROCEDURES

Diving

No divers should warm up before a certified diving coach is present.

Swimming

1. Pre-Meet Warm-up

- a. Control / Supervise - key words for safe warm-up
- b. Officials should be actively supervising the warm-up to ensure that proper procedures are followed. They have authority, through referee or swim chairs, over the warm-up. A swimmer and/or a coach may be removed from the deck for interfering with his or her authority.
- c. Coaches are reminded that they are responsible for supervision of their swimmers during a warm-up just as they are when they are on the deck at a practice.

2. Important Points to Remember During Warm-up

- a. There shall be no diving off the blocks or the edge of the pool during the general warm-up -- swimmers must enter the pool feet first for warm-up swims. Orange cones, pylons or chairs should be placed on the starting blocks so that all swimmers are aware that the blocks are not to be used.
- b. THE ONLY TIME A SWIMMER SHALL DIVE INTO THE POOL, i.e., ENTER THE POOL HEAD FIRST, SHALL BE DURING THE SPECIFIC WARM-UP PERIOD WHILE ENTERING A LANE DESIGNATED FOR SPRINTING.
- c. Swimmers need to be aware of the potential for disaster when a swimmer is diving from the block at the same time a backstroker is executing a start from beneath the block. In sprint lanes, the backstrokers shall stand in line with the other swimmers waiting to start from the top of the block. Backstrokers shall enter the water when their turn comes. While a backstroker is in the water preparing for and executing a start, no swimmer shall step onto the block.
- d. Coaches should maintain as much contact with their swimmers as possible -- verbal and visual -- throughout the warm-up period. IT IS THE COACHES' RESPONSIBILITY TO SUPERVISE THEIR SWIMMERS DURING THE WARM-UP.