

## **Warm-up Guidelines for Meet Safety Marshals**

1. Marshals have authority through the Referee over the warm-up. A swimmer or coach may be removed from the deck for interfering with this authority.
2. Marshals should be a visual presence throughout the warm-up and direct athletes and coaches when necessary to maintain a safe swimming environment.
3. Marshals should remind coaches that they are responsible for the supervision of their swimmers during warm-up.
4. Marshals should familiarize themselves prior to the warm-up with the facility and the warm-up procedure for that session, including timing of various warm-up sessions, teams designated to various lanes and designation of lanes for the Specific Warm-up session.
5. Marshals should be alert for any unsafe facility conditions, such as standing water on deck, unstable starting blocks, sharp protrusions on lane-lines or their anchors, and any other equipment to which the swimmers are exposed. Access to emergency exits and stairways must be kept clear.
6. Particular attention should be paid to swimmers' entering the pool properly (feet first throughout the general warm-up, nobody on blocks during a backstroke start), that there is no overcrowding in any lane, and that designated sprint lanes are cleared and block starts are conducted safely
7. Pace work should be done from only one end of a 25 yard pool
8. If a lane becomes so crowded to be an apparent safety hazard, it should be brought to the attention of the Referee
9. When continuous warm-up is available during the meet, Marshals should ensure that the area is used appropriately, without horseplay
10. Marshals periodically patrol the hallways and locker rooms to assure that there is no unsafe or destructive activity in these areas.