

# CSI Warm-Up Policy

## **I. Goals**

1. Safety of swimmers and others is paramount
2. Efficiency and fairness: provide the best opportunity for all swimmers to prepare for their races properly given the time and space available
3. Organization: all participants know their roles and responsibilities

## **II. Responsibilities and authority**

1. Pre-meet planning is the responsibility of the Meet Committee consisting of the Meet Director, Meet Referee and Safety Chair. The Meet Director shall plan warm-ups to comply with the guidelines contained in this policy. If facility, safety or other constraints require planned deviation from the guidelines, Program Operations should be consulted.
2. Day-of-meet changes may be made by authority of the Meet Committee for safety, facility issues, to adjust for unanticipated imbalances in the number of participating swimmers, or other reasons. Such changes should be reported to Program Operations after the meet. Reduction in warm-up availability from that announced prior to the meet should be avoided if possible.
3. The Meet Referee has overall responsibility for and authority over all activity in the pool once the warm-up sessions begin.
4. At least one marshal shall be on duty any time the pool is open for warm-up
5. Marshals shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet. (USA Swimming Rule 102.18)
6. Coaches shall instruct their swimmers regarding these safety guidelines and warm-up procedures and shall supervise and be responsible for the conduct of their swimmers throughout the meet, including the warm-up sessions.
7. It is the responsibility of all participants – volunteers, coaches and swimmers – to use common sense and cooperation to preserve the safety and effectiveness of warm-ups for all.

## **III. Minimum warm-up guidelines**

1. All meets should provide for a General Warm-up of at least 20 minutes for 12/under swimmers and at least 30 minutes for 13/over swimmers. During General Warm-up there shall be no sprinting or pace work, and all swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge.
2. Following General Warm-ups, meets should provide a Specific Warm-up of 10-20 minutes or longer, depending upon the size of the meet. Lanes shall be assigned as described below for sprints, pace work, and general circle warm-up. In pace and circle lanes, all swimmers must enter the pool feet first in a cautious manner with one hand in contact with the pool edge.

## **IV. General Warm-up Session design guidelines**

1. When a meet session contains swimmers both 12/under and 13/over, it is required that separate lanes be assigned by those age categories. Other than that division, lanes should be

- assigned by team. Coaches with multiple lanes assigned to their team may divide their swimmers by age, stroke, sex, or any other way they see fit provided lanes do not become overcrowded and safety compromised.
2. "Senior" sessions may be considered "all 13/over" unless it is anticipated that enough 12/unders will be participating that provision of 12/under lanes is warranted
  3. The following planning guidelines should be used to determine the number of warm-up lanes necessary:
    - a. 25 yard/meter pools
      - i. 12/U: ideal - 12 swimmers per lane, maximum - 15 to 18 per lane
      - ii. 13/O: ideal - 10 swimmers per lane, maximum - 12 to 15 per lane
    - b. 50 meter pools
      - i. 12/U: ideal - 26 swimmers per lane, maximum - 35 to 40 per lane
      - ii. 13/O: ideal - 24 swimmers per lane, maximum - 28 to 32 per lane
  4. In dividing lanes by age group, there is no requirement that sessions be all-12/U and all-13/O. Instead, the goal should be achieving the proper number of swimmers per lane using the lanes available. For example, it is acceptable to have 4 lanes of 13/overs and 8 lanes of 12/unders, in which 2 lanes of the 12/unders share a warm-up session with the 13/overs.
    - a. If three sessions are necessary, use the middle session to mix the lanes by age unless the sessions are divided evenly by age group or one of the two age groups fills less than one session
    - b. If possible, place the swimmers from any single team with multiple lanes in outside, adjacent lanes

## **V. Specific Warm-up Session design guidelines**

1. The basic lane assignment template is:

Pool Size	Pace (in-water push)	Sprint (racing start)	Circle swim (feet first)
6 lane	1, 6	2, 5	3, 4
8 lane	1, 8	2, 7	3, 4, 5, 6
10 lane	1, 10	2, 9	3, 4, 5, 6, 7, 8

2. For 12/under meets, one of the pace lanes may be switched to sprint
3. For sprint meets, both pace lanes may be switched to sprint.
4. For distance meets, one of the sprint lanes may be switched to pace.
5. Pace work should be done from only one end of a 25 yard pool.
6. In 50-meter pools, the Meet Referee may opt to open one outside lane as a sprint lane and allow swimmers to exit the pool from the side (less than 50 meters), provided this can be done safely and adequate pace lane capacity can be provided elsewhere.
7. The Meet Referee should be prepared to use his/her judgment to rebalance the lanes fairly by changing their designation according to demand if necessary, which can vary significantly. Flexibility is important.

## **VI. General considerations**

1. The only time a swimmer shall do a racing start into the pool (enter the pool head first) shall be during the specific warm-up period while entering a lane designated for sprinting
2. Swimmers need to be aware of the potential for disaster when a swimmer is doing a racing start from the block at the same time a backstroker is executing a start from beneath the block. In sprint lanes, 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.

3. Coaches should maintain as much contact with their swimmers as possible—verbal and visual—throughout the warm-up period.
4. When continuous warm-up/warm-down is provided, one or more marshals must be supervising the warm-up area throughout the meet.
5. If warm-up breaks are included in the Order of Events in the Meet Announcement, they must be observed and should be handled as unassigned General Warm-up with feet-first entry into the pool and proper supervision. At the discretion of the Referee, unscheduled warm-up breaks may be added to the session. This is generally done only in the case of undersubscribed or unevenly entered sessions.
6. Sessions which include distance events well into their timeline should be planned with a warm-up break prior to the distance events if possible.

**CSI Board of Directors Approved: 04/23/08**