

Warm Up Procedures – Long Course

All swimmers must be supervised by a registered coach for warm up. If a swimmer is competing without their personal coach in attendance, then they must arrange to be supervised by another registered coach.

- Ensure your swimmers take care of all pool equipment. It is expensive and easily damaged.
- Swimmers must not climb out over the Touch pads.
- Swimmers must never hang on the touch pads or the wiring relating to these.
- Swimmers must never support themselves by the lane ropes. These can inflict serious damage if one breaks under pressure. Swimmers should not congregate under the dive block in the middle of the lane, to ensure safe turning by other swimmers in the lane.

- The dive well is the established warm down pool, ensure it is used correctly. Never allow swimmers to play in the pool, or do anything other than the intended loosen / wind down. Warm down is only available after the meet has started – please check with the meet host for availability. Swimmers are not to enter the dive well until authorization has been given.

There will be **NO** diving into the pool during the general warm up period. This applies to all lanes across the pool.

Sprint / dive lanes open at the half way point in warm up for all meets.

e.g. 1 ½ hour warm up – the last 45 minutes

1 hour warm up – the last 30 minutes

50 minutes warm up – the last 25 minutes

30 minute warm up – the last 15 minutes

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	PARA/MULTI CLASS

Once the sprint / dive lanes are announced the following changes to the pool use take place:

- Lane 1 becomes a dive lane at both ends (dives and 15m sprints).
- Lane 2 becomes a backstroke start lane at the start end, and a dive lane at the scoreboard end.
- Lanes 3, 4 & 5 become general warm up lanes.
- Lane 6 & 7 become a pace lanes. This is for swimmers taking a race split time over 50 or 100 meters.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DIVE STARTS (both ends)	BACKSTROKE START (Start end) DIVE STARTS (turn end)	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	PACE LANE	PACE LANE	PARA/MULTI CLASS