

# ADDENDUM 1

## TRI-COUNTY SWIM LEAGUE WARM-UP PROCEDURE

### I. Pre-Meet Warm-up Period for Dual Meets

#### A. General Guidelines

1. Control/supervise are the keywords for safe warm-ups.
2. Officials who are assigned as warm-up marshals, **DRESSED IN WHITE**, should be actively supervising, etc.
3. Coaches should maintain as much contact with their swimmers as possible – verbal and visual – throughout the warm-up period.
4. Coaches are reminded that the responsibility for supervision of their swimmers is the same at the meet as when on deck at practice.
5. Officials who are warm-up marshals have authority to discuss with coaches any unsafe practice.

#### B. Warm-up for **DUAL** meets is to be 60 minutes in length.

1. The first 30 minutes is for the **HOME** team.
2. The second 30 minutes is for the **VISITING** team.

### II. General Warm-up Period

#### A. Coaches must be on deck and responsible for general warm-up in all lanes.

#### B. Athletes **ARE REQUIRED** to enter the water **FEET FIRST** at the beginning of the warm-up period.

#### C. There should be no racing starts, diving/jumping off the blocks, or off the edge of the pool (except to enter the water) at this time.

#### D. There shall be no sprinting or diving during two-way traffic.

### III. Specific Warm-up Period

#### A. After the general warm-up period and when the lanes are clear of swimmers, coaches may begin sprint work with starts.

#### B. No diving or racing starts in lanes or ends of lanes other than those designated for diving.

#### C. Start all swimmers in all lanes at starting end of pool. Swimmers are to get out at the end of the lap and **WALK** back to the starting end.

#### D. Coaches should stand at starting end of pool when verbally starting swimmers for sprint work.

#### E. Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestyle or butterfly swimmers.

#### F. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his start.

### IV. Warm-up at Championships

#### A. Lane assignments are made according to the size of the team entered at championships at which time coaches are responsible for their team during their assigned time.

#### B. Officials who are warm-up marshalls shall be designated by the meet director.

#### C. Warm-up for championships shall be one hour in length divided as equally as possible among the TCSL member teams.