

**Safety Tip of the Month – January 2006**  
**VSI Safety Committee**

**“Meet Marshals and Warm Ups”**

So, it is 6:30am, no coffee or tea on deck yet, and you are asked to serve as one of TWO Marshals for the warm up period. As you try very hard to be splashed by the swimmers to wake up a bit, here are a few pointers that may come to mind:

1. Ensure all swimmers are entering the water feet first, and permitting enough lag space between the previous swimmer, before jumping in. The coach should be attentive to this as well, but they may be covering up to 3 lanes. Never hurts to remind them. If there is microphone nearby with speaker, feel free to use it to enforce the feet first entry rule.
2. If a swimmer dives in during the first half of warm ups (not in the designated sprint period), talk with the coach immediately. If the same swimmer repeats this behavior, you should notify the Meet Referee and the swimmer may be asked to get out of the pool for the duration of this warm up period.
3. Remind swimmers who are running on deck to “WALK.”
4. If you are not able to see the bottom of the pool at the start end, notify the Meet Referee or the Meet Director. They will, in turn, make the Facilities Manager aware of the problem.
5. Watch for any cuts / scrapes incurred during warm ups. Metal frames around diving boards, broken tiles, and unwrapped metal cable at end of the lane lines may lead to hand or foot cuts. As Marshal, you may be the first to spot a swimmer’s injury. If you are the lucky “first witness to a swimmer’s injury involving a cut,” direct the swimmer to clear the pool and sit down in an area near, but not in the way of, the other swimmers warming up. Alert the coach and the Life Guard on duty of the injury. Notify the Meet Referee of such injury.

Okay, enough items to keep you awake.... By now, the coffee / tea is ready!