

VSI MEET SAFETY PROCEDURES

The following procedures have been established to ensure safe meet conduct.

Safety is an important factor for our program. Anyone seeing an unsafe condition or activity around the meet venue should intervene to immediately stop it. The unsafe conduct should also be reported to the Meet Director and the Meet Referee.

These procedures **SHALL** be followed at all meets. The Referee has the authority to remove a swimmer/coach/club from the meet for failure to conform.

1. Assignment of Marshals shall be the responsibility of the host club with a minimum of two Marshals present at all times. These Marshals shall be at least 18 years old. Warm-ups will not begin until the Marshals are on deck and available for duty. Lifeguards required by colleges and recreation centers may **NOT** be used in place of Marshals.
2. A swimmer or coach may be removed from the deck for interfering with a Marshal in the performance of his/her duties.
3. No shaving is permitted anywhere within the swim venue (including locker rooms).
4. Meet safety procedures must be included in all meet invitations. Each team may be assigned a lane(s) and a specified time for warm-up. Alternatively, warm-ups may be unassigned and follow a format similar to that presented on the reverse page of these procedures.
5. The schedule of warm-up lanes and times for each team shall be posted throughout the venue. The announcer shall announce lane and time assignments and any change in procedure.
6. All swimmers must start warm-up procedures at the starting end of the pool.
7. There will be **NO DIVING OR RACING STARTS** from the blocks or end of the pool during general warm-ups.
8. During the sprint period of warm-ups, a racing start will be permitted only for one-way swimming where the swimmer exits at the far end of the pool. Swimmers must **NOT** cut across adjacent lanes to exit the pool at one of the sides.
9. Backstroke swimmers must be allowed to complete their start and to clear the area before any swimmer steps onto the block.
10. For facilities with a separate warm-up/warm-down area, there shall be **NO DIVING OR RACING STARTS** in that area. A Marshal shall be stationed at the separate warm-up/warm-down area to ensure that this rule is observed.
11. Coaches should be stationed at the starting end of the pool and are responsible for the conduct of their swimmers.
12. To avoid over-crowding of warm-up lanes, the Referee/Meet Director may restrict warm-ups to those swimmers participating in the session immediately following the warm-ups.

Depending upon the type of meet being conducted, the following warm-up formats provide an alternative to specific warm-up times and lane assignments. Other formats that take into account the total number of swimmers and the available lane time are also acceptable, and may be assigned by the Referee/Meet Director.

Time	Lanes							
	1	2	3	4	5	6	7	8
1 st 25-30 min	General	General	General	General	General	General	General	General
Last 25-30 min	Pace	Sprint	General	General	General	General	Sprint	Pace

If lanes 2 and 7 are overcrowded during the sprint phase of warm-ups, lane 3 and/or lane 6 can also be designated as a sprint lane.

For long course competition in which the 50 M Freestyle is starting from the “turn” end of the pool, lane 2 or lane 7 should be designated for one-way sprints from that end of the pool.

Sprint lanes should be marked as such. All warm-ups will start from the starting end of the pool (except as noted above for the 50 M Freestyle in long course competition).

Steve Woolfolk
 Safety Chair, Virginia Swimming, Inc.
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