

Warm up procedure

In order to satisfy safety requirements the warm-up will be organised as follows:

- ◆ **The Warm-up Supervisor shall have overall control of warm up sessions.** However, each coach is responsible for their own swimmers and a swimmer must not enter the warm-up without being under the direct supervision of their coach on the poolside
- ◆ Swimmers who ignore instructions, or place themselves or others in danger, may be asked to leave the pool
- ◆ There will be no diving at all during the warm-up except in designated sprint lanes
- ◆ Swimmers must not exit the pool other than by the steps
- ◆ Fins, kickboards, hand paddles or pull-buoys may not be used in sprint lanes
- ◆ **For Session 1**, the distance session, there will be a 20 minute warm up for all swimmers with the heats for the 800m free starting 10 minutes after the end of the warm up. The heats for the 1500m free will start immediately after the 800m free has finished. A squash court with exercise mats has been booked to provide a dry warm up and cool down facility.
- ◆ **For sessions 2, 3, 5 and 6**, which are heat sessions, warm up will commence one hour before the start of the session. For the first session of each day, warm up will commence at 8.00 am. The start times for subsequent sessions will be announced. Each of these sessions will have two single gender warm-up periods of 25 minutes.
- ◆ **Sessions 4 and 7**, which are final sessions, will have a mixed gender warm up period of 25 minutes.
- ◆ In Sessions 2 and 3 **girls** will warm up first, in sessions 5 and 6 **boys** will warm up first.
- ◆ Warm up sessions will commence with continuous warm up in all lanes. Lanes 1, 3, 5 and 7 will swim clockwise and lanes 2, 4, 6 and 8 will swim anti-clockwise.
- ◆ Sprint lanes will be opened during each session.
- ◆ At the end of each session there will be a 10 minute swim down.
- ◆ Coaches are responsible for supervising their swimmers during warm up and swim down.