

Northern Westchester Swim Conference, Inc.
Swimming Safety Guidelines & Warm-Up Procedures
Effective June 1, 1993 Until Changed

SAFETY WARM-UP PROCEDURES FOR SWIM MEETS
LIFEGUARDS AND POOL DIRECTORS TO MONITOR ALL WARM-UPS
COACHES TO SUPERVISE

4 LANE POOL

One way sprints, lanes 2 & 3. Only racing starts allowed. **Backstrokers shall step into the pool CAUTIOUSLY, not dive.**

General warm-up, lanes 1 & 4. *Circle swimming only*. Swimmers must enter the pool feet first.

6 LANE POOL

One way sprints, lanes 2 & 5. Only racing starts allowed. **Backstrokers shall step into the pool CAUTIOUSLY, not dive.**

One lap or circle swimming, lanes 1 & 6. Feet first entry.

General warm-up, lanes 3 & 4. *Circle swimming only*. ***If divers warm-up in lanes 3 & 4, use lanes 1 & 6 for swimming.*** Swimmers must enter the pool feet first.

8 LANE POOL

One way sprints, lanes 2 & 7. Only racing starts allowed. **Backstrokers shall step into the pool CAUTIOUSLY, not dive.**

One lap or circle swimming, lanes 1 & 8. Feet first entry.

General warm-up, lanes 3, 4, 5 & 6. *Circle swimming only*. Swimmers must enter the pool feet first.

GLOSSARY

SPRINT LANES: lanes used for sprinting (one way only), where the start is from the starting blocks only.

GENERAL WARM-UP LANES: lanes used for continuous circle swimming, kicking or pulling. **No racing starts shall be permitted in these lanes; swimmers must enter the pool feet first.**

PUSH/PACE LANES: lanes used for one or two lap swims, which start from a push off. **No racing starts shall be permitted in these lanes; swimmers must enter the pool feet first.**

RACING STARTS: Dive, head first entry used in competitive swimming.

Note: additional sprint lanes (3 & 4) can be opened with concurrence of the pool director and ONLY when an additional lifeguard is present.

Pool directors and lifeguards shall have the authority to remove from the deck for the remainder of the warm-up, any swimmer or coach who is in violation of these safety guidelines or warm-up procedures.

The pool director, with concurrence of the meet referee shall disqualify anyone (coach, swimmer or parent) from competing or remaining within the competition site of that swim meet, for not obeying the above rules agreed upon by the representatives of NWSC, Inc.