



ONTARIO LIFESAVING SPORT – POOL COMPETITION WARM-UP SAFETY PROCEDURES

May 2024

Meet Management for all Lifesaving Society sanctioned Ontario Lifesaving Sport – Pool competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with officials.

GENERAL WARM-UP:

- Swimmers must enter the pool **feet-first** in a cautious manner, from a start or turn end only and from a standing or sitting position.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up period. Any such lane usage will be communicated through a pre-competition handout or announcement and visible through on-deck signage.
- Meet Management has the discretion to split a warm-up, as they see fit, to ensure a safe environment (i.e., setting a maximum number of swimmers per lane and/or warm-up session, and/or assigning lanes by club, gender or age). A split warm-up will be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes and/or during the last 10 minutes of warm-up. Only one-way swimming from the start end is permitted when dive starts are permitted.
- Notices or barriers will be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick boards, pull-buoys, hand paddles, snorkels, fins, rescue tubes, ropes and manikins are permitted during warm-up.

VIOLATIONS:

- A level of common sense will be used when applying these guidelines. Diving head-first quietly into an empty pool at the start of warm-up is not the same as diving head-first into a crowded lane. Judgment and context are required.
- An Official who witnesses a swimmer enter the water in a dangerous fashion may issue a verbal warning to the swimmer. Verbal warnings will be registered with the Meet Manager.

continued...

VIOLATIONS CONTINUED:

- The Official may recommend the Chief Referee remove a swimmer who entered the water in a dangerous manner from their first individual event following the warm-up session. If this penalty is applied due to behaviour in warm-up for a final, the alternate would be notified and if necessary, the final reseeded. The Chief Referee may remove a swimmer who has received a verbal warning if they commit another violation.
- A swimmer removed from an event due to a warm-up violation who commits another violation during the same competition may be removed from the remainder of the competition by the Competition Management Committee.