

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 sessions 1, 2, 4, 5, and 8**, 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 8.30 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.
- ◆ **For Session 7**, the distance session, will have a single 30 minute mixed gender warm up.
- ◆ **Sessions 3, 6 and 9**, which are predominantly final sessions, will have a single 25 minute mixed gender warm up. In sessions 3 and 6 there will also be a 10 minute warm up before the relays.
- ◆ In Sessions 1, and 2 **girls** will warm up first, in sessions 4, 5, and 8 **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.
- ◆ There will be specific lanes reserved during warm-up for those swimmers wishing to use the Backstroke Starting Ledge prior to racing Backstroke in the competition.

Swim Down procedure

- ◆ At the end of each session there will be a 15 minute swim down session.
- ◆ Coaches are responsible for supervising their swimmers during swim down
- ◆ The Backstroke Starting Ledges will be available in some lanes during the swim down session.