

Lane Marshals Duties

- Know what to do & whom to contact in the event of an emergency.
- Watch for swimmers who may be in distress.
- Be mindful of the purpose of warm-ups and be helpful to swimmers and coaches in achieving their warm-up objectives.
- Familiarize yourself with the meet warm-up schedule.
- Politely enforce the warm-up rules of the meet tempered with a good dose of common sense.
- The common rules:
 - IT IS IMPORTANT TO REMEMBER SWIMMERS MUST ALWAYS ENTER THE POOL DURING WARM-UP WITH A 3-POINT FEET FIRST ENTRY!! This 3-point entry is for the safety of all swimmers. NEVER dive or jump into the warm-up pool. A 3-point feet first entry is when you enter the pool with both feet while keeping one hand on the wall/deck.
 - No diving during general warm-up period.
 - Only circle swimming is permitted during general warm-up.
 - Swimmers are permitted to pass in circle swimming and pace lanes.
 - Swimmers are permitted to stop & rest at pool ends.
 - Kick fins, hand paddles and stretch cords are not allowed.
 - In start-practice lanes, no one is allowed on the starting block while a backstroker is in starting position.
- Please refrain from:
 - “Coaching” the swimmers.
 - Engaging the swimmers in unnecessary conversation.
- Contact the Meet Safety Director if you have any difficulty with a swimmer or coach.
- Smile and be pleasant, it’s catching!