

Lifeguard's Continuous Warm-up Duties

Continuous Warm-up Purpose: Warm-ups are intended to provide swimmers a safe opportunity to physically and mentally prepare themselves to compete or warm down after competing.

In addition to your normal procedures, contact the Meet Safety Director (MSD) 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:
 - NO DIVING allowed from the blocks or edge of pool. Swimmers shall enter the pool with a 3-POINT FEET FIRST ENTRY. 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 on starting block while 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 catchy!