

# SWIMMING / NATATION CANADA

*Providing opportunities for fitness and excellence in swimming  
L'occasion d'atteindre la bonne forme et l'excellence en natation*

## SWIMMING/NATATION CANADA WARM UP PROCEDURES

During the designated warm up period, the meet management shall be responsible for ensuring that all rules are followed. Diving starts shall not be made during the warm up period for any competition or when two-way swimming is in progress, except that the meet manager shall designate a period of time during which the specified lanes shall be used for diving starts. During this designated period, only one-way swimming shall be permitted in the specified diving lanes.

It is incumbent on all participants, e.g. swimmers, coaches, officials and administration to comply with these procedures.

The meet management shall designate Safety Marshalls who will ensure compliance with these procedures. These marshalls shall be responsible for the conduct of the warm up in the competition venue.

The meet management shall provide signs at the end of the pool(s), which will indicate the designated use during the warm up period.

Written notices regarding the warm up time, lane use and no diving shall be posted at the meet.

The following statement shall appear in the meet information: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET" and in the notices.

### **EQUIPMENT:**

FLUTTER BOARDS and PULLBUOYS are allowed. Hand paddles and flippers ARE NOT permissible.

### **INFRACTIONS:**

Infractions of these procedures may result in the offender(s) being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

NOTE: As a courtesy, coaches should allow backstrokers, to have the "right of way" for safety purposes.

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**Please Note: Breach of pool safety rules by members of a club will be reported to Swim Ontario  
The club may face a fine not to exceed \$1,500.00.**

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