

Wisconsin Swimming Policy 4.5, Warm-up procedures

George Geanon, Chair Officials Committee

Rules Recommended approval with draft sent to Age Group and Senior Committee prior to their next meeting, , June 14th.

4.5 Warm-up Procedures

The warm-up procedure itemized below establishes the minimum requirements for all USA Swimming member clubs requesting sanction/approval from Wisconsin Swimming, Inc. The intent is providing an adequate, fair, and safe warm-up for all competitors and coaches. In conformance with Wisconsin Swimming Policy 2.2.1.C, the Meet Announcement shall specify warm-up times and procedures.

~~4.5.1 A minimum of one hour must be provided all contestants for warm-ups prior to beginning competition, except any session that has only 12 and Under swimmers must have at least a thirty (30) minute warm-up period. This is applicable to Preliminary/Final Meets, and single and split session Meets. A recommended ten (10) Procedures shall provide a minimum five (5) minute quiet period should be provided between warm-ups and actual competition during which no one is permitted in the competitive pool.~~

Rational:

1. Provide consistency between Policy 2.2.1.C and 4.5 regarding warm-up
2. Require a minimum quiet time in pool to ready the pool for competition, e.g., insert touch pads, test system, etc.