

## **ASA Short Course Warm Up Procedures**

All swimmers must be supervised by a registered coach for all warm ups. If a swimmer is competing without their personal coach in attendance, then they must arrange to be supervised by another registered coach.

There is to be **NO** diving into the pool during the general warm up period. This applies to all lanes across both pools. Swimmers are only permitted to dive into the pool from lanes 5-8 of the competition pool during the designated Dive Start / Sprint time.

All swimmers are to exit the competition pool from the sides of lanes 1 or 8.

Sprint / dive lanes open at the half way point in warm up for all meets.

e.g. 1 ½ hour warm up – the last 45 minutes

1 hour warm up – the last 30 minutes

45 minutes warm up – the last 20 minutes

30 minute warm up – the last 15 minutes

### **All SC Championship, L1 and L2 Meets held at Westwave**

#### **Competition Pool 1<sup>st</sup> Half of Warm-up Time**

- Lanes 1-4 are General warm-up for 13+
- Lanes 5-8 are General warm-up for 12/U

#### **Competition Pool 2<sup>nd</sup> Half of Warm-up Time**

- Lane 7 & 8 become dive lanes from the start end (dives and 15m sprints).
- Lane 5 & 6 become sprint lanes from the start end (diving and swimming a minimum of 25m).
- Swimmers wishing to practice turns can use the turn end of the competition pool in lanes 7 & 8.
- Lanes 1 to 4 pace lanes.

#### **Warm down Pool 1<sup>st</sup> Half of Warm-up Time**

- Lanes 1-4 are General warm up for 13+
- Lanes 5-7 are General warm up for 12/U
- Lane 8 is for Para

#### **Warm down Pool 2<sup>nd</sup> Half of Warm-up Time**

- Lanes 1-5 General warm up
- Lanes 6-7 12/U Pace lanes
- Lane 8 Para

Once the competition has started the Warm-down pool will reduce to 4 lanes (1-4)

25m Competition Pool								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
0min	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under
15min	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under
30min	PACE LANE	PACE LANE	PACE LANE	PACE LANE	DIVE SPRINT LANE 25M	DIVE SPRINT LANE 25M	DIVE STARTS	DIVE STARTS
45min	PACE LANE	PACE LANE	PACE LANE	PACE LANE	DIVE SPRINT LANE 25M	DIVE SPRINT LANE 25M	DIVE STARTS	DIVE STARTS
25m Warm down pool								
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
0min	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	Para
15min	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 13+	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	GENERAL WARM UP 12 under	Para
30min	GENERAL	GENERAL	GENERAL	GENERAL	GENERAL	PACE LANE 12 under	PACE LANE 12 under	Para
45min	GENERAL	GENERAL	GENERAL	GENERAL	GENERAL	PACE LANE 12 under	PACE LANE 12 under	Para

### At level 3 Meets:

Lane 1 & 8 (or the 2 outside lanes on both sides of the pool) becomes sprint / dive lanes from the start end and the remaining lanes are for general warm up.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SPRINT LANE	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	SPRINT LANE

- Ensure your swimmers take care of all pool equipment. It is expensive and easily damaged.
- Swimmers should not congregate under the dive block in the middle of the lane, to ensure safe turning by other swimmers in the lane.
- Swimmers must never hang on the touch pads or the wiring relating to these.
- Swimmers must never support themselves by the lane ropes. These can inflict serious damage if one breaks under pressure.
- If a dive well is the established warm down pool, ensure it is used correctly. Never allow swimmers to play in the pool, or do anything other than the intended loosen / wind down.

Include these safe practices as soon as your swimmers start their competitive journey at Level 3. By the time they become a National Level swimmer the above practices will be automatic.

***Coaches are responsible for supervising and enforcing the Coaching and Warm-Up protocols.***



Swimming  
AUCKLAND