



## Warm-up Supervisor

1 January 2017

### Introduction

Swimmers and spectators are allowed to enter the Competition Pool area one and a half hours before the start time of the first race.

### Before Warm-up Starts

- The time for warm-up is 15 minutes after that time up until 15 minutes before the start time of the first race.
- The Warm-up Supervisors are on duty from the beginning of warm-up to the end of warm-up. Their job is to see that swimmers obey the instructions in the program pertaining to warm-up. It is also important that no coach or club tries to stop other swimmers from using lanes that they wish.
- On arrival at the pool, before the start of warm-up, the Supervisor should go to the Officials' Room and sign on to the Officials' Roster list. Then pick up the copy of the program labelled Warm-up Supervisor (this copy contains the warm-up instructions). Collect the wheeled trolley with the relevant signs for each lane from the Officials' Room and place them on the floor behind the blocks but not on the boom. The sign should match the diagram in the programme.
- Obtain a bottle of water and take it with you. Move out to the pool deck to supervise warm-up.

### During Warm-up

- Swimmers or coaches who do not follow the rules should be reported to the Referee. If a swimmer does something which could injure another swimmer, ask that person to leave warm-up and come with you to the Referee.
- When the warm-up instruction in a lane changes for the last session of warm-up make sure no swimmer in the pool is swimming into danger as other swimmers are about to dive in.

### At the End of Warm-up

- At the end of warm-up collect the signs and place the trolley back in the Officials' Room and report back to the Referee to find out your rostered official position during the meet itself because you will have been unable to attend the Officials' Briefing

THANK YOU FOR VOLUNTEERING