



# Maryland Swimming Safety Policies



## WARMUP/ COOLDOWN POOL

Warmups begin when either the Referee or Marshal have indicated that the pool is in good working order and all safety personnel are in place. Swimmers should not enter the water until either the Referee or Marshal gives a signal that it is safe to enter the water, and that the warmup period has begun.

No diving is allowed from the blocks or edge of the pool.

- Swimmers must enter the pool feet first. (Please look before you leap.)
- A swimmer who is observed violating this rule may be disqualified from his/her next individual event.
- This rule is in effect during all warm-up periods at all meets, including continuous warmup/ cooldown pools.

Sprint starts (including racing backstroke starts) are not allowed during the general warm-up session.

Diving from, jumping off of, or swimming under bulkheads at any time during warm-ups or competition is prohibited.

Stretch cords, paddles, fins, pull buoys, etc. are not permitted during any warm-up session.

Only swimmers who are entered in the meet session that immediately follows the warmup session are allowed in the warmup lanes. (Coaches: Please do not use the limited warmup lane space in the competition pool to “work out” athletes who are not competing.)

Swimmers should exit the warmup lanes promptly at the end of their designated warmup period, or upon any signal from the Referee or Marshal that they should clear the water.

## SPRINT LANES

The Referee or Marshal may identify one or more lanes that can be used for sprints and starts from the block.

Sprint lanes are ONE WAY only. Swimmers must exit at the end of the lane.

When a swimmer is preparing to perform a backstroke start, no swimmer should be on the top platform of the block. Please wait until the first swimmer has completed their start.

## GENERAL RULES & PROCEDURES

“Deck changing” is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Violation of this rule will result in dismissal from the meet and possible additional sanctions.

Use of any device with the ability to capture audio or visual recording, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or areas behind the starting blocks. (If the device is “on” when carried into one of these areas, it is considered “in use.”)

Only meet participants (athletes, coaches, officials and meet volunteers with proper credentials) will be allowed on the pool deck. Coaches, Officials and other volunteers must carry their credentials with them.

Any participants or spectators who have exhibited symptoms of illness within 24 hours prior to and/or during the event should withdraw from competition and/or leave the venue as a safety precaution.