



**MSC Warm-Up/Warm Down Procedures**  
*Adopted by Masters Swimming Ontario (MSO)*

**CMSW 1.6** MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

**CMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

**CMSW 1.6.2** There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

**CMSW 1.6.3** There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

**CMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

**CMSW 1.6.5** Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

**CMSW 1.6.6** The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

**CMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck.