



MSO Warm-Up/Warm-Down Procedures

OMSW 1.6 MSO Warm-Up/Warm-down Procedures shall be enforced at all MSO Sanctioned swimming competitions in Ontario, by trained Safety Marshals.

OMSW 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.

OMSW 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. A general warm-up should be available during the lunch break, as applicable. There shall be a 15 minute warm-down period at the conclusion of the session.

OMSW 1.6.3 Swimmers shall enter the water FEET FIRST in a cautious manner, entering from the deck at a start or turn end only, and from a standing or sitting position. Running on the pool deck and running entries into the pool tank are prohibited. There shall be barriers placed on the starting blocks.

OMSW 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. The middle lanes shall be designated as the fastest lanes with slower lanes on either side, and progressing to the slowest outside lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming. Swimmer should warm-up in the pool designated for their gender when applicable.

OMSW 1.6.5 Twenty minutes prior to the end of warm-up one or two outside lanes 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. Diving from the starting blocks shall be permitted only from these sprint lanes and during the designated sprint period.

OMSW 1.6.6 The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards, ankle bands, snorkels and swim fins, shall be prohibited.

OMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck, including the ends of the pool where swimmers are permitted to enter the pool.