

**SOMERSET AMATEUR SWIMMING ASSOCIATION  
COUNTY CHAMPIONSHIPS 2026**

# **Warm up Rules**

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Coaches, team managers and competitors are asked to cooperate with these procedures to give every competitor the best opportunity to prepare for their events.

In the interests of competitor safety, the following rules must be observed throughout the warm-up. Please ensure all your competitors are made aware.

1. All lanes will start with generic swimming for approximately 10 minutes.
2. During the generic swimming session feet first entry only is permitted.
3. Competitors exiting the pool at either end of the pool must exit from the side and not over the timing pads.
4. Backstroke ledges will be available, when appropriate, for selected lanes.
5. Towards the end of the generic swimming session, lanes will be opened one by one for the purpose of dive starts & sprints.
6. Once a lane is opened for dives & sprints all competitors must exit the pool from the sides.
7. Paddles & fins are not permitted in the pool during warm-up or swim down.
8. So as not to delay the start of the next warm up session, coaches and team managers are asked to have their competitors leave the pool promptly.
9. Once the events are underway the warm down pool will be available for warm down only.
10. Absolutely no diving is permitted during warm down.
11. Any competitors not using the warm down pool appropriately will be asked to leave the pool by a lifeguard, any of the events management team or official.
12. Timings are approximate and flexibility is required, please ensure your competitors are ready and available to start their warm ups 15 minutes before their allocated session.
13. Events where sign in is required, must be completed by the competitor when they are in the building, and before the window closes. Coaches and Team Manager should not sign in a competitor when it is known that they have not arrived in time for their warm up.

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Thank you