

'WARM-UP' SWIM RULES



The safety of our swimmers requires the cooperation and effort of all families and volunteers at the pool. Due to the increasing numbers and varying age groups of our swimmers in the pool during club night warm-up time (prior to 6pm), the club committee has introduced rules for swimmer safety and enjoyment during this time. The offering of a warm-up period is for swimmers to practice swimming laps in an effort to help them prepare for their races. In short, warm-ups are not pool play time. The aim is to allow swimmers of all abilities to enjoy a safe pool experience and to protect our equipment from damage.

ALL PARENTS AND CARERS ARE ASKED TO:

1. Supervise their children in the pool during warm-up. Parents and carers are welcome and encouraged to stand on the pool deck to supervise their children during the warm-up period.
2. Ensure their children understand the pool rules and know their designated lane before entering the water.
3. Instruct their children to respectfully obey the Electric Eels Club Volunteers if spoken to.

SWIMMER'S RULES:

1. **NO DIVING:**
 - a. From the entire pool perimeter.
 - b. Swimmers may only dive into the pool from the **lane 6** starting block by obeying the rules outlined below (see 'swimmers lane allocations').
2. **LANE ROPES:**
 - a. Swimmers must not sit on, climb over or pull on the lane ropes at any time. Swimmers may swim under the lane ropes.
3. **SWIMMERS LANE ALLOCATIONS:**

Once a swimmer enters a lane they must remain in that lane until they are finished their warm-up and are ready to exit the pool. Swimmers are not permitted to cross over into other lanes over or under the lane ropes. Lanes have been allocated as follows:

 - a. **LANE 1 (closest to grandstand) – NO DIVING**
 - Reserved for **12½ meter event swimmers only**.
 - No diving from the starting blocks at any time.
 - Swimmers must slide into the pool from the pool edge.
 - No diving from the starting blocks or pool edge at any time.
 - Swimmers must not enter or exit their lane via the adjacent lane (under the lane rope). Swimmers must remain in lane 1.
 - Swimmers must not sit on, climb over or pull on the lane ropes at any time.
 - Swimmers may hold onto the pool edge, rail or lane rope.
 - Swimmers must not pull on or crawl over the lane ropes at any time.
 - b. **LANES 2, 3, 4, & 5 (middle lanes) – NO DIVING.**
 - Reserved for **25 meter and over event swimmers only**.
 - Swimmers must be able to complete a minimum of one lap without assistance or holding onto the lane rope.
 - No diving from the starting blocks or pool edge at any time.
 - Swimmers must not enter or exit the pool via lanes 1 or 6. Swimmers must remain in their lane.
 - To enter or exit the pool, swimmers must slide over the pool edge (in lanes 2 to 5) at either end of the pool of the pool.
 - To swim multiple laps, swimmers must 'circle the lane' by swimming up the lane as close as possible to the left side lane rope and back on the right.
 - Swimmers must not pull on or crawl over the lane ropes at any time.
 - c. **LANE 6 (opposite from grandstand) – DIVING PERMITTED FROM BLOCK ONLY.**
 - Reserved for **25m sprint practice with a racing dive (1 x lap)**. After diving and sprinting 25m, swimmers hop out at the **shallow end and walk back to repeat**.
 - Sprint swimming will be in one direction - from the blocks to the shallow end.
 - One swimmer is permitted on the starting block at a time.
 - Swimmers must line up behind the block and wait their turn.
 - No pushing or shoving permitted.
 - A swimmer is permitted to dive into the water when all swimmers are clear from the area between the starting blocks and the flags (in lane 6).
 - Swimmers must not dive near another swimmer in the water at any time.
 - Only standard swim racing dives permitted - no flips, bomb dives, or jumping backwards. No backstroke starts allowed.
 - After sprinting 25m, swimmers must exit the water at the shallow end by sliding out over the pool edge.
4. **NO RUNNING ON POOL DECK AT ANY TIME.**
5. **NO PULLING, JUMPING UP AT OR TOUCHING THE POOL FINISHING FLAGS.**
6. **NO PUSHING OR PULLING OTHERS INTO THE POOL.**
7. **NO PUSHING OR PULLING ON OTHER SWIMMERS WHILE IN THE POOL.**
8. **NO TOYS ARE PERMITTED IN THE POOL INCLUDING BALLS OR INFLATABLES.**

Any swimmer not complying with these rules will be asked to exit the pool. Please make the time to discuss these rules with your children before arriving to the pool on club night to help your child understand their responsibilities of pool safety and to encourage a cooperative and fun pool environment for all of our swimmers.