



Middlesex County Amateur Swimming Association

Warm-up guide for Coaches

Warm-up is at the discretion of the Coach in charge with regard to the programme

Odd lanes swim anti-clockwise, even lanes swim clockwise

No swimming aids other than those allowed in the race may be used.

The Secretary of the Swimming Committee has confirmed with the ASA legal department that responsibility and liability for accidents or incidents at any County Meet including the warm up rests solely with the promoter. Coaches appointed to oversee the warm up would, therefore, be covered against any problem although the usual duty of care and common sense prevails.

The promoter gives authority to the person overseeing the warm-up to ask any swimmer not behaving correctly during the warm-up to leave the water. He/She may also remind both swimmers and coaches taking part in the warm-up that they are subject to the ASA Code of Ethics and should he/she feel it appropriate to refer any swimmer or coach in breach of the Code of Ethics during the warm-up to the County Discipline Committee.

Disciplinary action may be taken by the referee against any swimmer/club entering the water once the warm-up coach/referee has announced the the warm-up has ended.