# Marshal's Guidelines (or another designated time) to:

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Arrive 15 to 30 minutes prior to warm-up

☐ meet with the Meet Referee, ☐ get identifying attire, ☐ get your assignment.

Locate the first aid station including:

☐ First Aid kit, spinal backboard, rescue implements, AED (Automated External Defibrillator) and ☐ the Emergency Action Plan (EAP).

- EAP should list important phone numbers, protocol for getting help, name or position of the person on deck who is responsible for activating the EAP.
- If there isn't one, discuss with the Meet Referee.
- ☐ Determine where YOU fit into the EAP.

#### To help provide a safe environment:

☐ Enforce the warm-up and warm-down rules -

Marshal's Guidelines (continued) Report any unsafe areas on the deck to

the Meet Referee including:

☐ loose wires, ☐ slippery areas,

too many swimmers in a lane, and

☐ any other things you consider dangerous.

Blood on the deck or a bleeding swimmer?

☐ Help cordon off the bloody area until it is properly cleaned.

Monitor the warm down area throughout the meet.

Unauthorized people on Deck? In the venue? Watch for

Immediately Inform the Meet Manager or Meet Referee.

☐ Do not leave the area without the approval of the meet referee.

☐ Immediately notify the Referee and first aid staff.

- No diving feet first entry except in one way sprint lanes (controlled warm-up only)
- No Backstroke starts except in a controlled one way sprint lane. (They are dives.)
- No socializing in warm-up/warm-down lanes. Swimming only.
- ☐ Remind swimmers that running, horse play, whipping towels, etc. are dangerous and must be stopped.

☐ loose blocks.

Periodically walk through hallways, seeding area, etc., and, with another adult of

your gender, your gender locker rooms. Arrange for "two adult" walk-throughs of the other

inappropriate camera use in locker rooms & in or around the venue.

gender locker rooms. Stop any shaving - Inform Meet Referee and Meet Management.

☐ Remind all that glass is not allowed on deck or in the locker rooms.

SWIMMING

SWIMMING

## Marshal's Guidelines (continued) SWIMMING

Marshal's Guidelines

(or another designated time) to:

☐ the Emergency Action Plan (EAP).

 $\square$  Determine where YOU fit into the EAP.

To help provide a safe environment:

☐ Enforce the warm-up and warm-down rules -

☐ get your assignment.

must be stopped.

Arrive 15 to 30 minutes prior to warm-up

Locate the first aid station including:

☐ meet with the Meet Referee. ☐ get identifying attire.

If there isn't one, discuss with the Meet Referee.

Report any unsafe areas on the deck to the Meet Referee including:

☐ loose wires, ☐ slippery areas, ☐ loose blocks. too many swimmers in a lane, and

☐ any other things you consider dangerous.

Periodically walk through hallways, seeding area, etc., and, with another adult of your gender, your gender locker rooms. Arrange for "two adult" walk-throughs of the other gender locker rooms. Stop any shaving - Inform Meet Referee and Meet Management.

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Remind swimmers that running, horse play, whipping towels, etc. are dangerous and

position of the person on deck who is responsible for activating the EAP.

No socializing in warm-up/warm-down lanes. Swimming only.

Blood on the deck or a bleeding swimmer? ☐ Immediately notify the Referee and first aid staff.

Arrive 15 to 30 minutes prior to warm-up

Locate the first aid station including:

☐ meet with the Meet Referee, ☐ get identifying attire,

If there isn't one, discuss with the Meet Referee.

☐ Help cordon off the bloody area until it is properly cleaned.

Monitor the warm down area throughout the meet.

Unauthorized people on Deck? In the venue? Watch for inappropriate camera use in locker rooms & in or around the venue. Immediately Inform the Meet Manager or Meet Referee.

Pay attention to the meet.

Marshal's Guidelines

(or another designated time) to:

□ get your assignment.

☐ Do not leave the area without the approval of the meet referee.

## Marshal's Guidelines

Pav attention to the meet.

 Arrive 15 to 30 minutes prior to warm-up (or another designated time) to:

☐ meet with the Meet Referee, ☐ get identifying attire, □ get your assignment.

Locate the first aid station including:

☐ First kit, spinal backboard, rescue implements, AED (Automated External Defibrillator) and ☐ The Emergency Action Plan (EAP).

- EAP should list important phone numbers, protocol for getting help, name or position of the person on deck who is responsible for activating the EAP.
- If there isn't one, discuss with the Meet Referee.
- $\hfill\square$  Determine where YOU fit into the EAP

## To help provide a safe environment:

- ☐ Enforce the warm-up and warm-down rules -
  - No diving feet first entry except in one way sprint lanes (controlled warm-up only)
  - No Backstroke starts except in a controlled one way sprint lane. (They are dives.)
  - No socializing in warm-up/warm-down lanes. Swimming only.
- $\hfill\square$  Remind swimmers that running, horse play, whipping towels, etc. are dangerous and must be stopped.
- ☐ Remind all that glass is not allowed on deck or in the locker rooms.

## ☐ Determine where YOU fit into the EAP

☐ The Emergency Action Plan (EAP).

- To help provide a safe environment:
  - ☐ Enforce the warm-up and warm-down rules -
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position of the person on deck who is responsible for activating the EAP.

☐ Remind all that glass is not allowed on deck or in the locker rooms.

#### Marshal's Guidelines (continued)

Report any unsafe areas on the deck to the Meet Referee including:

☐ loose wires, ☐ slippery areas, ☐ loose blocks, too many swimmers in a lane, and

 $\hfill\square$  any other things you consider dangerous.

 Periodically walk through hallways, seeding area, etc., and, with another adult of your gender, your gender locker rooms. Arrange for "two adult" walk-throughs of the other gender locker rooms. Stop any shaving - Inform Meet Referee and Meet Management.

Blood on the deck or a bleeding swimmer?

☐ Immediately notify the Referee and first aid staff.

☐ Help cordon off the bloody area until it is properly cleaned.

- Monitor the warm down area throughout the meet.
- Unauthorized people on Deck? In the venue? Watch for inappropriate camera use in locker rooms & in or around the venue. Immediately Inform the Meet Manager or Meet Referee.
- Pay attention to the meet.
  - $\square$  Do not leave the area without the approval of the meet referee.
- Remember: Safety is the Primary Concern. Be firm! But not a Tyrant. Remember: Safety is the Primary Concern. Be firm! But not a Tyrant.

### Marshal's Guidelines (continued)

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