

## Inter-school Swimming Competition Division Two Warm Up Rules

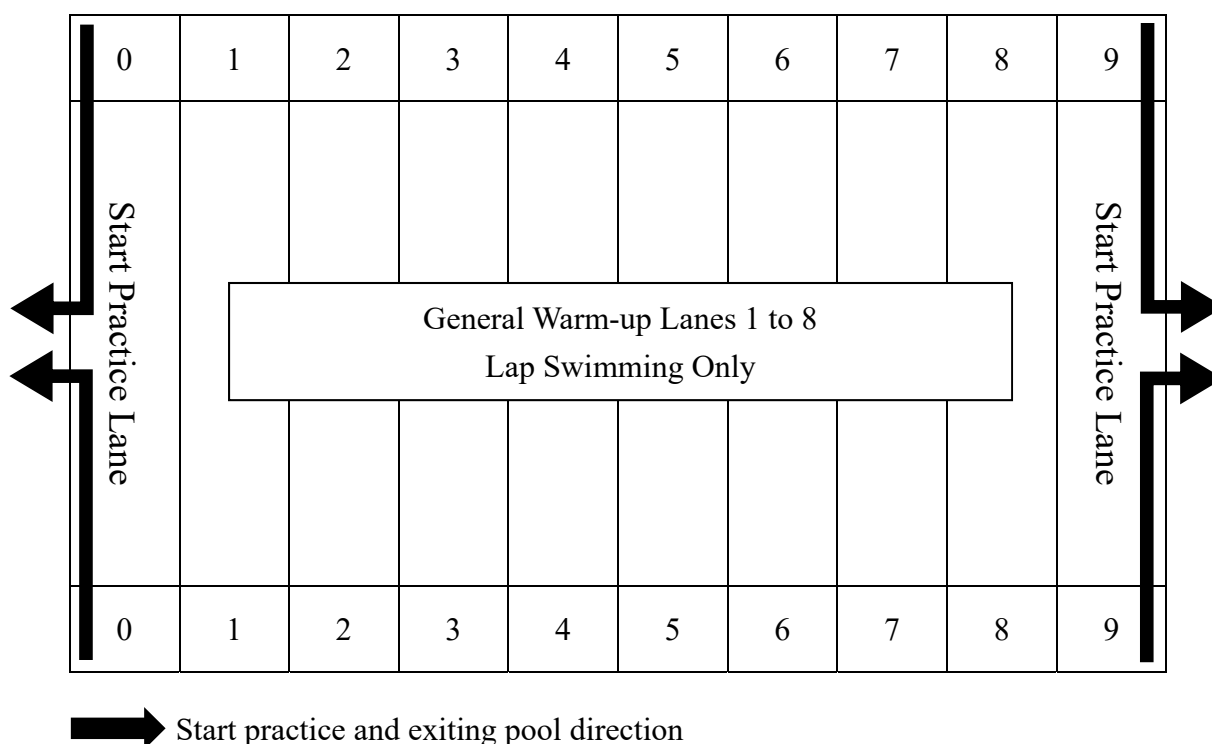
### General Warm-up Procedure

1. Lanes 1 to 8 would be reserved for general warm.
2. Swimmers must enter the pool with feet first. NO DIVING is allowed.
3. Lap swimming only.
4. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers to have adequate warm-up time.
5. Swimmers are recommended to cross lanes at the side of Starting or Turning End. Swimmers should not swim under water when crossing the lane and should break to the surface as soon as possible.
6. Swimmers must use the stairs allocated on each side of the pool when exiting the pool.

### Start Practice Procedure

1. Lanes 0 and 9 would be reserved for swimmers to have race starts practice, for diving from blocks or backstroke starts.
2. Lanes will be split into two ends with 20m from the starting end and 20m from the turning end of the pool.
3. Swimmers must leave the lanes at 20-25m from the pool side immediately after practice.
4. One way only.
5. Backstrokers should ensure that they are not starting at the same time while a swimmer is on the block; Swimmers shall not step up on the blocks if there is a backstroker waiting to start.

In addition to the procedures above, please pay attention to the announcements made throughout the competition.



## 中學校際游泳比賽 第二組熱身安全守則

### 普通熱身安全守則

1. 泳道 1 至 8 將開放予泳員用作一般熱身之用。
2. 泳員只能以腳入水方式落水，不可以從跳台或泳池邊起跳。
3. 泳員只可以循環游泳方式熱身。
4. 泳員於熱身後須儘快離開泳道以讓其他泳員能有充足時間進行熱身。
5. 當泳員穿越泳道時應於泳線下越過並應儘速離開水面，不得潛泳。
6. 泳員須於起點及終點兩旁樓梯離開泳池。

### 起跳練習安全守則

1. 泳道 0 及 9 將開放予泳員用作起跳練習之用。泳員只可從跳台或水中作背泳起跳練習。
2. 泳道將劃分為兩部份，由起點起計 20 米及由終點起計 20 米。
3. 泳員必須於練習完畢後儘快由 20-25 米距離於池邊離開。
4. 泳員只可以單向式前進。
5. 進行背泳練習之泳員須留意沒有其他泳員於跳台上同時準備起跳；如有背泳泳員準備起跳，等候中泳員不應踏上跳台。

除以上守則外，必須留意及遵守現場大會之宣佈。

