

**SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC) a
division of U.S. MASTERS SWIMMING, INC. (USMS) Rev080823**

SWIMMER INFORMATION

MASTERS SWIMMING is an international, age group swimming program for adults.

U.S. MASTERS SWIMMING, INC. (USMS)

USMS is a nonprofit, member-run corporation founded in 1970 that coordinates and governs Masters Swimming in the United States. USMS promotes “health, wellness, fitness, and competition for adults through swimming.” “USMS supports and encourages competition among its members and those of other nations,” but more than half of its members are fitness swimmers who do not compete. Adults age 18 and over are eligible to be members of and to participate in USMS. USMS is one of five organizations which comprise "United States Aquatic Sports" (USAS). USAS is a member of World Aquatics (AQUA), the international governing body for aquatic sports formerly known as FINA.

Local Masters Swimming Committees (LMSCs), are geographical divisions of the USMS Corporation with supervisory responsibilities within their specified geographic territory. LMSCs are grouped into eight zones within the US. The Southwest Zone is composed of the following LMSCs: **SAN DIEGO-IMPERIAL (SI)**, Southern Pacific (SP), Arizona (AZ), and New Mexico (NM). Information about individual LMSCs can be found on the USMS website under the “Local Programs” tab, <https://www.usms.org/lmsc/>. San Diego-Imperial is colored light blue in the lower left map corner.

SAN DIEGO-IMPERIAL LOCAL MASTERS SWIMMING COMMITTEE (SI LMSC)

The SI LMSC website address is <http://www.simasterswim.org>.

SI LMSC organizes, governs, and coordinates Masters Swimming in San Diego County and Imperial County in California. The SI LMSC portion of the USMS membership fee helps pay for expenses involved with running the local program. This includes member communications; overseeing club and individual membership registrations, transfers, and updates; sanctioning and recognizing Masters Swimming events in the SI LMSC; updating and providing information to Masters swimmers; processing event results, verifying and submitting times for USMS Top 10 Times and the USMS event ranking database; verifying and submitting applications for local SI LMSC records, USMS records, and AQUA world records; providing certified meet official stipends when possible; partially subsidizing locally-run events; representing SI LMSC at the USMS annual meeting and volunteer meeting; maintaining LMSC standards as set by USMS; filing IRS and FTB tax forms; filing documents required by the California Secretary of State and California Department of Justice; archiving documents as required; etc.

The USMS link to SI LMSC, <https://www.usms.org/lmsc/lmscinfoform.php?LMSCID=44>, includes SI officers and representatives, annual meeting minutes, bylaws, and more.

USMS MEMBERSHIP, <https://www.usms.org/join>:

Masters swimmers must have a current USMS membership to participate in USMS-sanctioned events and organized Masters swimming workouts which are covered by USMS liability insurance, to be eligible for inclusion in the USMS event ranking database and individual or relay National Top 10 times, and to be able to set SI LMSC, USMS National, and AQUA World records. Clubs must be USMS members in order for swimmers to affiliate with and represent the club in USMS or AQUA-sanctioned events and for clubs to obtain liability insurance coverage through USMS.

USMS CLUB MEMBERSHIP: The annual club membership renewal period starts one month before individual membership renewals. Club renewal reminders are sent during October to allow clubs time to renew prior to November 1 when individuals begin to renew. A club must renew its USMS membership before individual swimmers renew membership and affiliate with the club. Any swimmer who renews an individual membership before a club has renewed will be listed as UC (unaffiliated).

See SI LMSC club renewal forms at <http://www.simasterswim.org/member.html>. For questions, contact the SI Membership Coordinator at SIMembership@usms.org.

USMS INDIVIDUAL MEMBERSHIP: USMS individual membership is valid for a calendar year from Jan. 1 to Dec. 31. New members who register during the final two months of the year receive a membership valid for the remainder of the year plus the following year. The USMS membership/registration site is <https://www.usms.org/join>.

INDIVIDUAL ELIGIBILITY: Individuals age 18 and older are eligible to be members of USMS. Competition age groups are 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, ..., 100-104, ..., in 5 year increments as high as necessary. ANYONE is eligible to be a member regardless of ability, speed, age, sex, or competitive swimming background provided that age and registration requirements are met.

ONLINE - INDIVIDUAL USMS MEMBERSHIP PROCESS: Beginning on Nov. 1 each year, an email with membership registration information is sent to current members. See registration renewal: <https://www.usms.org/lmsc/lmscinfoform.php?LMSCID=44>.

USMS discourages individual membership applications via a mailed paper form and check payment although it is currently possible to register or renew that way. See <http://www.simasterswim.org/Registration/Membership>.

PRINT A MEMBERSHIP CARD WHENEVER NEEDED: To print your USMS membership card, go to <https://www.usms.org/reg/getcard.php> and enter your permanent ID to expedite the process or enter your First Name, Last Name, Gender, Birth Date, and Zip Code. Open the card file and print the membership card.

USMS PERMANENT IDENTIFICATION (ID) CHARACTERS: Permanent IDs are issued to USMS members. Your membership number contains a permanent ID and a variable section which represents your LMSC (44 for San Diego-Imperial), the year, and a variable character. If you register in another LMSC or re-register after a gap between registration years, please indicate that you were once a member of USMS and locate your existing permanent ID during the registration process. Some membership numbers might be difficult to read. The letters "O/o" and "Q/q" are NEVER used, however the number ZERO (0) is used. Unfortunately, the letter "D" sometimes looks like a zero.

The letters "l/i" and "L/I" are NEVER used; but the number ONE (1) is used. It may be difficult to distinguish between the letter "B" and the number eight (8), the letter "Z" and the number two "2," and the letter "S" and the number five "5."

UNATTACHED, or UNAFFILIATED, is now "UC44": Due to World Aquatics (AQUA, international swimming governing body, fka FINA) rulings and 2013 USMS actions, individuals who become a USMS member through the SI LMSC and who indicate no club affiliation are listed with a club designation of "UC44" (aka unattached). According to AQUA rules, all competitors must be members of registered clubs. Allowing unattached or unaffiliated competitors to participate in USMS events would not comply with AQUA rules and would cause times from **ALL** competitors participating in an event to be dis-allowed for World Aquatics (AQUA) Top 10 times and for World Record consideration. Swimmers "not affiliated with a team" in the SI LMSC are listed as club UC44 (Unaffiliated Club from SI LMSC). The "44" numerical code indicates SI LMSC.

Unaffiliated swimmers are ineligible for relay team participation or team points competitions. UC44 swimmers who enter international meets must list UC44 as the full club name and abbreviation. Never list "unattached."

CHANGE OF CLUB AFFILIATION: The annual registration renewal period is the only time when you can change club affiliation from one club to another club without a **60-day waiting period** and without a transfer form. The annual registration renewal period begins on November 1 and goes until you actually renew your membership. Further information about change of club affiliation is below.

CHANGING AFFILIATION from one club to another club **other than at the annual re-registration time** requires a **60-day "waiting" period** and the following options:

- 1) Do not compete in any sanctioned events for 60 days and file an Application for Transfer of Club/LMSC Membership form, <http://www.simasterswim.org/ClubTransForm-SI.pdf>, after the 60-day waiting period to change from one club to another.
- 2) If you want to compete during the 60-day waiting period, you must change your affiliation to UC44 (unaffiliated) by filing an Application for Transfer of Club/LMSC Membership form, <http://www.simasterswim.org/ClubTransForm-SI.pdf>, and swimming sanctioned events as "UC44" during the 60-day waiting period. Sixty days after having last represented your former club in a sanctioned event, you can officially change affiliation to the new club by filing another Application for Transfer of Club/LMSC Membership form. Note that during the 60-day waiting period, you can compete as UC44 (unaffiliated) in sanctioned events only if you officially transferred or changed to UC44, unaffiliated club status.

CHANGING AFFILIATION, changing club representation from one club to another club at **annual membership renewal** requires **NO** waiting period or transfer form.

CHANGING AFFILIATION from UC44 (unaffiliated club, aka unattached) to a club requires **NO** waiting period. Follow the directions and send a Transfer of Club/LMSC Membership form (located at <http://www.simasterswim.org/ClubTransForm-SI.pdf>) or notify the SI LMSC membership coordinator at [SIMembership\(at\)USMS\(dot\)org](mailto:SIMembership(at)USMS(dot)org) with the information found on the form.

EMAIL ADDRESS LISTING: Note, to thwart email address harvesting programs, some e-mail addresses are listed with "(at)" substituted for the "@" symbol and with "(dot)" substituted for the "." symbol. Please substitute the "@" and "." symbols when e-mailing.

MEMBERSHIP BENEFITS: <https://www.usms.org/join-usms/membership-benefits>.

UPDATE YOUR MEMBERSHIP LISTING: - Go to "My USMS".

USMS EVENT RESULTS RANKING DATABASE

Swims and unofficial rankings can be viewed at the USMS event ranking database, [https://www.usms.org/comp/meets/toptimes.php?utm_campaign=top_nav&utm_medium=events and results](https://www.usms.org/comp/meets/toptimes.php?utm_campaign=top_nav&utm_medium=events_and_results).

Not all meet results appear in the database. Posted rankings are unofficial pending verification of pool measurements, meet conduct (whether meets were conducted according to USMS standards), and more. For official year-end rankings, consult the USMS Top 10 list, <https://www.usms.org/comp/tt/>. Please note that only swimmers affiliated with a USMS member club are allowed to swim on club relays.

SI LMSC LEADERSHIP/VOLUNTEERS

The San Diego-Imperial Local Masters Swimming Committee (SI LMSC), is a not for profit public benefit association which includes all of San Diego County and Imperial County in the state of California. The USMS two-letter designation is "SI" and the numerical designation is "44." The old local three letter designation was "SDI." SI LMSC operates pursuant to the Bylaws of the San Diego-Imperial Local Masters Swimming Committee which were adopted by the SI LMSC on 10/20/1983, at which time all previous Bylaws were rescinded. The SI LMSC Bylaws includes amendments adopted up to and including 11/06/2022. The SI LMSC has jurisdiction delegated to it by U.S. Masters Swimming, Inc. (USMS) over the sport of Masters swimming.

The objective of SI LMSC is to promote and develop swimming for the benefit of Masters swimmers of all abilities aged eighteen (18) and over in accordance with the goals, objectives, rules, and standards prescribed by U.S. Masters Swimming, Inc. and by the San Diego-Imperial Local Masters Swimming Committee. The Executive Board is composed of the chair, vice chair, treasurer, secretary, and membership coordinator. The Board of Directors is composed of the Executive Board Officers plus a representative from each group member, an at large director to represent the unaffiliated swimmers, the board appointed legal advisor, top ten recorder, sanction advisor, officials advisor, webmaster/communications advisor, coach representative, and SI LMSC delegates to the USMS annual meeting.

The SI LMSC is run by a hard-working volunteers who share a common interest in the sport of Masters swimming. Some of the volunteers also serve at the national level.

SI LMSC welcomes swimmers wishing to become involved. Familiarization with SI LMSC (<http://www.simastersswim.org/>) and USMS (<http://www.usms.org/admin/>) governance is desirable. SI LMSC General/Board meetings are held during/following most SI LMSC-sanctioned meets (check meet announcement information). There is an annual member meeting during/following an SI LMSC sanctioned meet. Please ask the SI LMSC Secretary, [SISecretary\(at\)usms\(dot\)org](mailto:SISecretary(at)usms(dot)org), about volunteer opportunities.

A list of the **current SI LMSC leadership volunteers** can be found at the following location, <http://www.usms.org/lmsc/lmscofficers.php?LMSCID=44>. The **general USMS description of LMSC Leadership Volunteer Roles** can be found at <http://www.usms.org/admin/lmschb/content/jobdesc>.

Prospective SI LMSC Leadership or Regular Volunteer Needs

1. Volunteers are needed as timers and meet helpers at all of the local SI LMSC Masters meets.
2. Become a certified official. Volunteer to officiate at a Masters event if you are a certified official.
3. "Where can I work out?" is one of the most asked questions. SI Places-to-Swim can be found at <http://www.simastersswim.org/WorkOutLocations.pdf>. Please help update the SI Places-to-Swim document. Updating is done quarterly, if possible.
4. Volunteers can promote Masters swimming, inform the community and USMS-registered members about the benefits of swimming, and provide "opportunities for adults to pursue fitness, fun, and competition." You could assist your club or workout group to host and run a Masters meet.
5. Notify the SI Secretary, [SISecretary\(at\)usms\(dot\)org](mailto:SISecretary@usms.org), about new pool openings or a new Masters workout location or changes to existing locations.

INFORMATION SOURCES AND PUBLICATIONS:

U.S. MASTERS SWIMMING WEBSITE ADDRESS "www.usms.org": The USMS website contains a tremendous amount of information including a Home Page, calendars of events, National Championships entries, pool and open water and fitness event entries, the National Top 10 and All American lists, National & World Records, club information, USMS Rules and Regulations, results from National Championships and other meets, LMSC locations, workouts, forums, the *USMS SWIMMER magazine*, articles, stories, and much more.

USMS NATIONAL HEADQUARTERS ADDRESS: 1751 Mound St., Ste. 204, Sarasota, FL 34236; Phone: 941-256-8767; E-mail: "usms@usmastersswimming.org"

USMS SWIMMER Magazine is viewable online and sent to all USMS members as part of the USMS membership. If you do not want to receive the magazine, you can opt out.

The USMS Top 10 (<http://www.usms.org/comp/tt/>) is published for each of the 3 courses (short course yards – SCY, long course meters LCM, and short course meters - SCM). The SCY season lasts from June 1 through May 31 of the following year. The LCM season is October 1 through September 30 of the following year. The SCM season is January 1 through December 31. To print a Top Ten list, go to <http://www.usms.org/content/top10print>.

SAN DIEGO-IMPERIAL LMSC Website is located at <http://www.simastersswim.org> with information on Masters swimming in the San Diego and Imperial Counties areas. SI LMSC encourages workout groups to accept swimmers regardless of club affiliation and to offer "drop in" workouts to visiting Masters swimmers for a "per workout" fee.

The **SAN DIEGO-IMPERIAL LMSC NEWSLETTER** is posted annually when possible.

INFORMATION ABOUT OTHER Local Masters Swimming Committees (LMSCs)

Go to the USMS “Local Programs” page and click on the LMSC location on the map at http://www.usms.org/lmsc/?utm_campaign=top_nav&utm_medium=local_programs.

AZ (Arizona) LMSC – The state of Arizona.

NM (New Mexico) LMSC – The state of New Mexico and part of the state of Texas west of but not including the counties of Val Verde, Sutton, Schleicher, Concho, Runnels, Taylor, Jones, Haskell, Knox, Foard, and Hardeman..

OR (Oregon) LMSC—The state of Oregon except Malheur County. In the state of Washington, the counties of Cowlitz, Clark, Skamania, and that portion of Klickitat County west of Highway 97.

PC (Pacific) LMSC: —The state of California north of but not including the counties of San Luis Obispo, Kern, and San Bernardino. In the state of Nevada, the counties of Washoe, Humboldt, Pershing, Lander, Churchill, Storey, Carson City, Douglas, Lyon, and Mineral.

PN (Pacific Northwest) LMSC —The state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas, and Yakima; and north of but not including the counties of Cowlitz and Skamania

SI (San Diego–Imperial) LMSC —In the state of California, the counties of San Diego and Imperial

SP (Southern Pacific Masters Swimming) LMSC — In the state of California, the counties of San Luis Obispo, Kern, San Bernardino, Santa Barbara, Ventura, Los Angeles, Orange, and Riverside. In the state of Nevada, the counties of Clark, Lincoln, Nye, and Esmeralda.

UT (Utah) LMSC —The state of Utah.

MASTERS SWIMMING COMPETITION

MASTERS SWIM MEET COURSES and SEASONS:

SHORT COURSE YARDS (25 yard course) – Season runs from June 1 to the following May 31; LONG COURSE METERS (50 meter course) – Season runs from Oct. 1 to the following Sep. 30; & SHORT COURSE METERS (25 meter course) – Season runs from Jan. 1 to Dec. 31.

During each season, meet results are verified and uploaded to the USMS Event Ranking database. After each season, a compilation of local Top 10 times is submitted to the National Top 10 recorder. National Top 10 Rankings and local San Diego-Imperial records are tabulated yearly for each course.

SWIMMING RULES: The USMS Rule Book is published annually and is located on the USMS web site. It contains stroke, start, turn, and finish rules, requirements for running meets, open water rules, rules for officiating, adapted swimming rules, national/world/long distance records, and more. Proper start, stroke, turn, and finish techniques and USMS rules are enforced at Masters meets.

SANCTIONED and RECOGNIZED MASTERS EVENTS:

A "**sanction**" is the written approval by the LMSC allowing a USMS event to occur. All participants must be USMS members. A sanction guarantees uniform Masters swimming standards & rules, ensures fair & equal conditions during swim events, promotes safety & enjoyment for all swimmers, and provides insurance coverage & national recognition of performances. Pools must be certified for length in each competition lane, and a certification form must be on file. A "**recognized**" event allows both USMS-member and non-member swimmers to compete together providing an official USMS observer is present to guarantee that USMS rules are followed and to certify times for USMS members. It is the swimmer's responsibility to notify the LMSC Top 10 Recorder of any times to be submitted for consideration from recognized meets. Insurance coverage does not apply to non-USMS-members and is modified for USMS-members. SI LMSC requires meets to be run using the Hy-Tek Meet Management Program and strongly recommends that electronic timing be used.

SWIMMING EVENTS: Events offered at meets include 50, 100, 200, 400m/500yd, 800m/1000yd, and 1500m/1650yd freestyle; 50, 100, and 200 backstroke; 50, 100, and 200 breaststroke; 50, 100, and 200 butterfly; 100, 200, and 400 individual medley; 200, 400, and 800 freestyle relays; 200 and 400 medley relays. There are a number of different open water, long distance, and "virtual" events.

NATIONAL or WORLD RECORDS: A **US Masters Age Group National Record** is the fastest, certified time swum by a USMS-member in a USMS-sanctioned or recognized competition for yards, short course meters, long course meters, and specific long distance events. US Masters Swimming Age Group National Records are maintained for each individual and relay age group. A **World Aquatics (AQUA) Masters Age Group World Record** is the fastest, verified time by a Masters swimmer of any nationality in each short course and long course meter individual event and in the internationally recognized relay event distances. Due to AQUA rules, the youngest age group is 25-29 for Masters Individual World Records and 100-119 (cumulative age) for Masters Relay World Records. National or World Records shall be documented with fully automatic timing; a completed record application; signature of the meet referee official; pool length certification; and age verification (birth certificate or passport). See the USMS Rule book Article 103.17.3 for additional information in the event of a primary system (electronic touchpad) failure.

SAN DIEGO-IMPERIAL LMSC RECORDS: Whenever an SI swimmer or relay swims an official time faster than the listed SI LMSC record for yards, short course meters, or long course meters, the swimmer or relay team must notify the SI LMSC Records Chair by sending an SI LMSC records application form. All swims must be done in pools for which an updated pool length certification form is on file. Additional verification of official times may be required such as electronic split sheets. The application form is on the SI LMSC website or can be requested from SISecretary(at)USMS(dot)org.

CERTIFIED MASTERS MEET OFFICIALS: SI Masters meet are officiated by Referee(s), Starter(s), and Judges (Stroke, Turn, & Relay Take-off) who have been certified by a USMS-approved certifying body or USA Swimming. Officials enforce the USMS Swimming Rules to **maintain uniform, fair, and safe standards and**

conditions for all Masters swimmers throughout the United States and to guarantee adherence to rules when World, National, and local Records are established or Top 10 times are swum.

SAN DIEGO-IMPERIAL MASTERS SWIM MEETS: SI Masters meets last 3-8 hours plus a 1 hour pre-meet warm-up. USMS Rules govern. Events are "timed finals" with no penalty for not swimming ("scratching") an event. Entry fees are not refunded for events not swum or canceled due to weather or unforeseen problems. Some meets allow day-of-race ("deck") entry while others do not and have a specific entry due date. Meet officials may request "check in" for events. The lists of heat and lane assignments (HEAT SHEETS) for each event are posted at the meet. Swimmers are responsible for reporting to the starting blocks in the proper lane for the correct event and heat. Due to limited pool availability, meets are "seeded" based upon entry times regardless of age or sex to allow swimmers to compete against others of comparable speed. Results are posted by age groups for women and men by the end of the meet; immediately inform the meet director or referee of any problems.

Official results are verified following the meet and distributed to the proper national, regional, and local officials, and official times are added to the SI Top 10 Times list and USMS ranking database. "One Event Registration (OEV)," valid for one specific event, is NOT available in the SI LMSC. OEV affiliation is unattached, and times are not eligible for event ranking or Top 10 times. Remember, meet directors, officials, and helpers are volunteers and are often fellow swimmers.

TIMING: USMS is "self-run." If you expect others to time your events, then please volunteer to time.

SWIM MEET ENTRY PROCEDURE: SI meets currently require online entry only. Foreign swimmers must complete a foreign guest swimmer form with liability release. The entry limit at all Masters meets is 6 individual events per day; meet directors can limit the number to less than 6. Meet entries must be completed by the deadline. All swimmers competing in Masters events, including relay-only swimmers, must complete the entry process including signing/accepting the liability release.

Swimmers **must bring their USMS membership card ("travel permit") to all meets.**

RELAYS: A relay team must be composed of four members of the same club (see Representation & Club Affiliation). "UC" (unattached, no club) and "one-event registered" (not available in SI LMSC) swimmers are ineligible to swim on relays. Relays at SI meets are entered on the day of the meet.

Relay events include the 200, 400, & 800 freestyle relays and the 200 & 400 medley relays. Each of the 4 members of a medley relay swims one "stroke leg" (1/4 of the total distance) in the following order: backstroke, breaststroke, butterfly, & freestyle. Each member of a freestyle relay swims freestyle for 1/4 of the total distance.

There are women's, men's, and mixed (2 men + 2 women) relays in the following age groups:

1) for the 25 yard course, age groups are determined by the age of the youngest member - 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, ... years (as high as necessary);

2) for 25 meter and 50 meter courses, age groups are based on the cumulative ages of the four relay members - 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, ... years (as high as is necessary).

ENTRY PROCEDURES FOR MEETS & EVENTS OUTSIDE OF SAN DIEGO-IMPERIAL LMSC:

Rules for entering non-San Diego-Imperial LMSC meets vary. Read the specific entry form carefully.

USMS NATIONAL CHAMPIONSHIPS REQUIRE that entry into the meet be accomplished by a specific entry due date and time usually 35 days prior to the first day of competition. The USMS online entry system will not accept late entries received after the due date. The Championship Committee may establish an entry receipt deadline. All entries must be received by USMS by that deadline to be considered on time. USMS Rules Article 104 contains further information. Please check the entry information posted on the USMS website. All competitors, including relay-only swimmers, must complete the entry form. A liability release must be individually signed during check-in at the National Championship and proof of USMS membership may be requested.

SWIMMER SAFETY

UV Protection: Masters swimmers are more likely to have been exposed to the sun with minimal coverage and are at an increased risk for skin cancer including melanoma, the most deadly of skin cancers. The incidence of melanoma is increasing at a greater rate than any other cancer. While melanoma accounts for 5% of all skin cancers, it is responsible for 80% of skin cancer deaths.

Melanoma deaths can be greatly reduced if the skin cancer is caught in its early stages. Early diagnosis is important. Visit a dermatologist annually; map the location of your moles; monitor your moles on a monthly basis. Melanoma can be prevented or greatly reduced by avoiding excessive exposure to the sun and "bad" sunburns and by protecting the skin with sunscreens, clothing, and hats. There is an increased incidence of melanoma in adults 1) who received a bad sunburn in childhood through the immediate post teen years, 2) who experience chronic, unprotected exposure to the sun, and 3) who are light skinned or have a family history of melanoma (genetic factor).

Everyone has moles, and new ones can form at any time. The average number is 10-40 moles per person. Most are smaller than the circumference of a pencil eraser. In the December 2004 issue of The Journal of the American Medical Association (JAMA), Australian dermatologists suggested revising the old "ABCD" mnemonic for remembering the trouble signs to include "E." A = Asymmetry; B = Border irregularity; C = Color variation; D = Diameter greater than 6 mm or 1/4 inch; E = Evolving or changing symptoms such as itching and tenderness, surface changes such as bleeding, and color changes. If you have any of the above ABCDE signs or note any changes, get your mole checked out immediately (ASAP).

Wear sunscreen which protects you from both UV-A and UV-B rays. SPF 30-45 or higher is better. At least one ounce (30ml) of sunscreen is required to properly cover exposed skin when wearing a swimsuit. Apply it at least 20-30 minutes before exposure to the sun and after swimming.

UV protect your eyes: Your skin isn't the only thing that needs to be protected from sunlight, don't forget about your eyes! Use sunglasses and goggles that absorb at least 90% of UV sunlight.

Lightning: Lightning causes more deaths annually in the United States than any other natural hazard, including blizzards, hurricanes, floods, tornadoes, earthquakes, and volcanic eruptions. Get out of the water at the first sign of a thunderstorm and stay out for at least 15 minutes after the last sign of thunder and lightning. Many pools have a 30 minute out-of-the-water rule.

SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC) WORKOUT AND POOL ETIQUETTE RECOMMENDATIONS

1. Most workout groups designate lanes by speed. Ask the coach on deck for the lane speed designations or ask the coach to recommend a workout lane. Choose a lane with swimmers of your speed and notify them that you are joining the lane. In choosing a lap swim lane, take an empty lane if one exists, otherwise try to join a lane with swimmers of your speed. Don't interrupt their workout, but always notify them that you are joining the lane during a rest interval.
2. Don't block the pace clock or any workout boards while on deck. Workout swimmers in the water need to be able to see pace clocks and workout boards or posted workouts.
3. Get into the pool carefully by entering the pool feet first in a controlled manner and stay out of the way of other swimmers. Don't park yourself in front of the "T" in the middle of the wall which is where people will turn. If you must rest while others continue the workout, do not block the turning area which is from the "T" to the left of the "T" (from the approaching swimmer's perspective). Move to the right and hug the lane line.
4. "Circle" or "side-by-side" or "solo" swimming: If there are two in a lane and circle swimming is not a pool rule, you and your lane mate may decide to swim either side-by-side (you swim up and back on one side of the lane) or in a circle pattern (counter clockwise within the lane in the U.S.). If there are three or more in the lane, you **MUST** circle swim (counter clockwise). Be aware that a few countries, such as England and Australia, swim clockwise, so if you are with one or more foreigner, make sure they understand that circle swimming means counter clockwise in the U.S.
5. When circle swimming, pay attention to where the other swimmers are and to where you turn on the wall. Be aware that you need to angle left as you approach the wall so that you turn on the "T" or to the left of the "T" or "+" in the middle of the wall while avoiding the swimmer in front of you. This will allow you to push off of the wall and avoid a head-on collision with the swimmer behind you.
6. Don't borrow someone else's gear even if they are not using it; get your own gear.
7. If you are joining a workout already in progress, you must do the workout that they are doing and join in so that you are swimming the same set and are on the same interval at exactly the same point in the set. Some workout groups allow late arriving swimmers to start the workout at the beginning, but only if there is a free, open lane with no other swimmers present. Please ask the coach if there is any doubt.
8. If you need to pass a slower swimmer, gently tap the swimmer on the foot once or twice so that the swimmer knows you have caught them and want to pass; then pass on the left. Slower swimmers need to allow faster swimmers to pass. If you are being passed at a turn, briefly stop (to the right of the lane from the incoming swimmer's perspective) and allow the swimmer to pass and turn before you push off. Anytime you need to stop, do it at a wall, not in the middle of the pool, and squeeze yourself as far into the corner (right side as you are approaching the wall) as possible to allow other swimmers room to turn or finish. If necessary, get out of the pool to stay out of everyone's way.
9. In a crowded lane with more than three people during a set, be sure to allow wall space for the person behind you to touch. Unless you are the leader, you may need to touch and move to the center of the lane to allow the swimmers behind you to finish at the wall.