

TECHNICAL OFFICIALS  
TRAINING PROGRAM  
**UNIT 6**



# **STARTER**

LEARNER GUIDE

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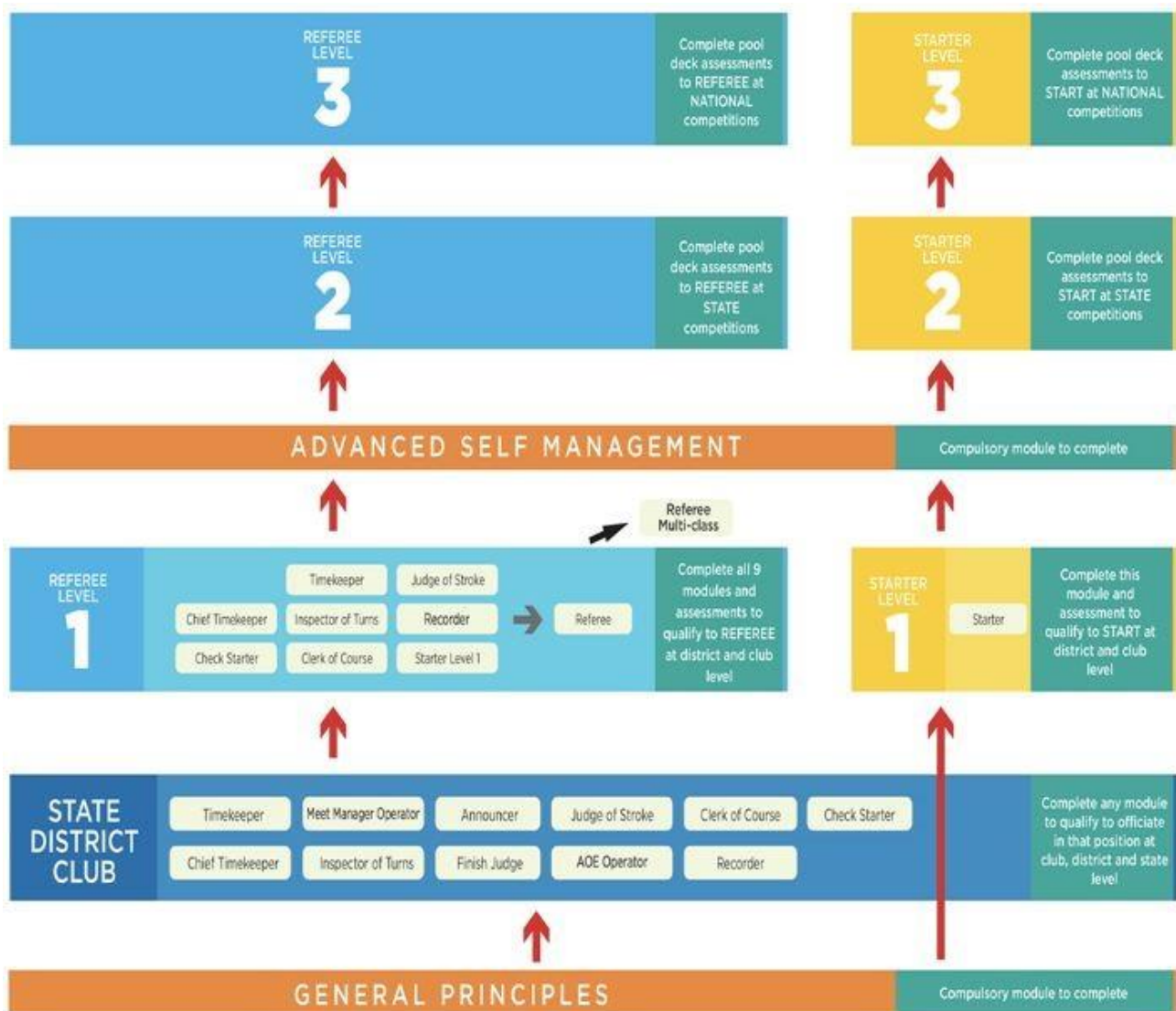
# ABOUT THIS LEARNER GUIDE

This Learner Guide has been developed by Swimming Australia (SA) to support candidates undertaking **Unit 5 – Starter**, within the SA **National Officiating Accreditation Program**.

SA and the State Technical Committees have worked in conjunction in the formulation of this document.

Swimming Australia has designed the Technical Officials Training Program on a competency based training platform.

## OFFICIATING POOL PATHWAY



## **STARTER ACCREDITATION (LEVELS 1, 2, & 3)**

For the Starter accreditation, there are three progressive levels of competency that candidates can achieve over time:

1. Starter Level 1 (Regional/District)
2. Starter Level 2 (State)
3. Starter Level 3 (National)

This module, Starter Level 1, allows candidates to officiate in this role at Club and Regional/District level meets.

### **WHAT IS A COMPETENCY?**

A competency can be defined as the application of skills and knowledge to an agreed standard.

Competency relates to what a person can do.

Competency standards specify the level of knowledge and skills required, and the application of that knowledge and skills for effective performance.

Australian Sports Commission Assessor Training Manual 2006

### **WHAT IS COMPETENCY BASED ASSESSMENT?**

Assessment is the process of collecting evidence and making judgements about whether competency has been achieved. Assessment needs to be based on established criteria. These criteria are reflected in the questions and activities set out in this Learner Guide.

### **HOW DO I USE THIS LEARNER GUIDE?**

This Learner Guide provides you with the information and activities that will enable you to achieve competencies related to this unit of work.

You can develop competency in this unit through a combination of tasks including:

- Reading the material in this Learner Guide.
- Asking questions about anything you don't understand.
- Observing other officials during events.
- Reinforcing the skills you are learning in practical situations.
- Satisfactorily completing the activities in this Learner Guide.
- Completing the assessment activities outlined in this Learner Guide.

### **WHAT RESOURCES DO I REQUIRE?**

You will require this Learner Guide as well as a copy of the current [SAL Swimming Rules](#) and access to swimming events where you can be practically assessed as a Starter.

## WHAT IF I ALREADY HAVE THE SKILLS?

You may have already attained the skills required to complete this learning module. If so, you can request your State/Territory Swimming Association for an initial assessment of your **current competence**. This assessment will determine the level of your skills and whether you need additional training.

If you would like to undertake assessment for formal recognition of your existing skills, you will be required to complete a detailed Recognition of Prior Learning (RPL) application form that will allow an assessor to review your skills against the specific requirements for this unit of work. Discuss this process with your State/Territory Swimming Association.

## LEGISLATIVE REQUIREMENTS

All Swimming Officials, whether paid or unpaid, must meet the legislative requirements within each state and territory in dealing with children and vulnerable people. Please check with your State/Territory Swimming Association to complete any documentation required to meet this legislation.

## WHAT ABOUT ASSESSMENT?

To undertake the assessment for this unit of work, you will need to complete the following assessment task/s:

### Level 1: Regional / District Accreditation

- Completion of this Learner Guide
- Completion of practical tasks

You will be required to be assessed as competent by a Regional / District / State Assessor at two Regional / District / Club events to ensure the relevance of the assessment process.

**When you complete the assessment within this Learner Guide and are assessed as competent by your assessor, you will be eligible to receive Level 1 accreditation from SAL.**

After you have attained your Starter Level 1 accreditation and have proven experience, you may wish to achieve Level 2 and 3 Starter accreditation.

You will also need to complete the Advanced Self-Management for Technical Officials' accreditation.

### Level 2: State Accreditation

- Practical Assessment

You will be assessed by a State Assessor at two designated State Championship meets, one of which includes Multi Class events.

### Level 3: National Accreditation

- Eligibility

Your readiness and competency to be appointed as a Starter at National level will be assessed by a SAL National Assessor at a State Championship meet. If assessed as competent, you will be eligible to be rostered as a Starter at a SAL Age & Multi-Class Championship or SAL Short Course Championship event.

- Practical Assessment

To be considered for Level 3 Accreditation as a Starter, the Technical Official must be deemed competent on three separate occasions at either SAL Short Course Championships or SAL Age Championships together with one session at SAL Age Multi Class Championships. A Starter may be appointed for 2 consecutive days of SAL Age Championships and one session of SAL Age MC Championships within the one Championship event. At the completion of the assessment process, the assessments will be forwarded to the SAL TSC for consideration and where applicable ratification. If successful, the official and relevant State will be notified.

**The assessment activities are found in the final section within the Learner Guide and can be identified by the icon below.**



## ASSESSMENT

The Learner Guide also includes a series of specifically designed learning activities, which will allow you to practice your new skills prior to assessment. These activities must be completed and will be represented by the logo below.



## HOW DO I START?

You can undertake the activities in the Learner Guide at your own pace, or under the supervision of your trainer/mentor.

You are ready to start.

# UNIT 6: STARTER

This unit outlines a range of general skills that are required by Starters. The elements within this unit are:

- **Preparation**
- **Role of the Starter**

## Introduction

The principle objective of a Starter is to ensure that all swimmers experience a fair start.

## Preparation

Some of the steps that you will need to take in preparing for your role include:

1. Arrive at the venue at least 30 minutes prior to the start of the meet.
2. On arrival, report to the Referee and receive any instructions.
3. Check the positioning of the starting platform to ensure that you can clearly see all lanes.
4. Check that all starting equipment is in working order. Starting equipment can include: electronic devices; starting pistol and blank ammunition/caps; a whistle; or the public address system. If handicap (delayed start) events are on the program, the Starter will also need to source a stopwatch, clipboard and pen.
5. Ensure that the Starter's command can be heard from each lane.
6. Check to see that the false start rope is in position and know how to activate it.

## Role of the Starter

- Have control of the swimmers from the time the Referee hands them over until satisfied that the start is fair.
- Make recommendation to the Referee in respect of any swimmer who delays the start or disobeys the instructions.
- Make recommendation to the Referee in respect of any swimmer who starts before the starting signal.

**NOTE:** A disqualification for starting before the starting signal must be observed and confirmed by both the Starter and the Referee.



## ACTIVITY 5.1

For each of the 6 preparatory steps listed above, list one possible consequence that may occur if they are not undertaken.

1.
2.
3.
4.
5.
6.

### SA Swimming Rules

The rules state that:

SW 2.3.1 The Starter shall have full control of the swimmers from the time the Referee turns the swimmers over to him (SW 2.1.5) until the race has commenced. The start shall be given in accordance with SW 4.

SW 2.3.2 The Starter shall report a swimmer to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, wilful disobedience or misconduct.

SW 2.3.3 The Starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.



SW 2.3.4 When starting an event, the Starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the Timekeepers can see and/or hear the starting signal and the swimmers can hear the signal.

SW 2.1.6 A disqualification for starting before the starting signal must be observed and confirmed by **both** the Starter and the Referee.

### **The Start:**

SW 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

SW 4.2 The start in Backstroke and Medley Relay races shall be from the water. At the Referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the Starter shall give the command "take your marks". When all swimmers are stationary, the Starter shall give the starting signal.

SW 4.4 Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for Backstroke) as per SW 2.1.5.

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke Ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

## Starting events with Multi Class swimmers

**Note:** Starters must take into consideration the needs of Multi Class swimmers.

- Some swimmers are entitled to receive exceptions to the swimming rules and other considerations based on their classification.
- The exceptions prevent classified swimmers from being disqualified.
- These exceptions are identified by a system of codes known as the Swimming Codes for Exceptions. These include:

### STARTS

<b>A</b>	ASSISTANCE REQUIRED
<b>B</b>	BLACKENED GOGGLES
<b>E</b>	UNABLE TO GRIP FOR BACKSTROKE START
<b>H</b>	HEARING IMPAIRED LIGHT OR SIGNAL REQUIRED
<b>T</b>	TAPPERS
<b>Y</b>	STARTING DEVICE

### Hints for Starters with Multi Class swimmers:

- Swimmers with a hearing impairment may require a light beside their starting block or some other prearranged signal.
- Multi Class swimmers need not start on the starting block.
- Swimmers with a physical impairment may have assistance to maintain their balance on the blocks at the start.
- Swimmers with a physical impairment may place a towel on the starting blocks to avoid abrasion.
- Swimmers are permitted to use an approved device for in water starts.

## Applying the Swimming Rules

SW 2.3.2 gives the Starter the ability to report a swimmer to the Referee for any of the following:

- Delaying the start
- Wilfully disobeying an order
- Any other misconduct at the start

**However only the Referee may disqualify a swimmer for such delay, wilful disobedience or misconduct, based upon these reports.**

Should a false start occur and swimmers are left on the starting blocks, the Starter shall immediately command these swimmers to “stand down”. This command is given to protect the swimmers remaining on the blocks. Should any of these swimmers overbalance, reacting to the Starters command, the Starter shall advise the Referee that it was not an infringement of the Rules no action is necessary.

Any swimmer who in the view of the Starter deliberately enters the water after the Starter’s command to “stand down”, should be reported to the Referee for “disobeying Starter’s instructions”.

The initial swimmer(s) who entered the water shall be reported for “starting before the starting signal”.

The situation may arise where there is general unsteadiness at the start, and there is an unreasonable delay after the command “take your marks”. Here, the Starter is permitted, and should, advise the swimmers to “stand down”. The Starter shall then instruct the swimmers to maintain a stationary position. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW 2.1.5

### Malfunction of the Starting Device

Should the Starting Device fail to function, the Starter will instruct the swimmers to “stand down”. Should there be a second failure, an alternative starting device should be used.

Note: When a start is aborted, the swimmers are instructed to “stand down”. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW 2.1.5



## ACTIVITY 5.2

What might be an example of an infraction that would cause a disqualification to occur prior to the starting signal being given?



## ACTIVITY 5.3

In Backstroke, what should a Starter do if a swimmer is observed with feet resting in or on the gutter at the start of a race?



### ACTIVITY 5.4

What should the Starter do in the instance of delay, willful disobedience, or misconduct by a swimmer at the start of a race?



### ACTIVITY 5.5

What should happen in a situation where a swimmer is extremely slow in taking up a stationary position, after having been instructed to “take your marks”, and another swimmer falls in?



# ASSESSMENT

## Task 1:

Answering these questions will assist you in your preparation for being assessed as competent as a Starter.

1. At what time before a swim meet commences should a Starter report, and to whom?
2. When does a Starter assume full control over the swimmers, and when does this control cease?
3. In starting a race, the gun or the electronic starting equipment fails to activate. What procedure is adopted?
4. Detail the procedure involved in the event of a false start.
5. What should a Starter do if a swimmer deliberately delays the start?

## Task 2:

You are required to be assessed performing the duties of Starter as detailed under What About Assessment on page 5. This will give you the opportunity to provide evidence of your competence in a swimming specific environment.

## ASSESSMENT TOOL – UNIT 6 STARTER

Element / Pool Deck Performance Criteria <b>STARTER</b>	Displayed Competency		Comments <small>Must be completed if Competency has been marked <b>NO</b></small>
	YES	NO	
<b>1. Preparation</b>			
1.1 Arrived at venue at least 30 minutes prior to the start of event and reported to the Referee.			
1.2 Ensured that all equipment required for starting was available, appropriate, tested, working and positioned correctly.			
1.3 Ensured that the starting device and public address system (where applicable) could be seen and heard by all lanes and was appropriate for the conditions and swimmers, officials and spectators.			
1.4 Positioned Starting Platform where Starter could clearly see all lanes.			
<b>2. Performance of Task</b>			
2.1 Worked with the Referee to maintain a position where the Referee could be seen during each start.			
2.2 Watched the Referee at all times prior to the handover so they could react to all instructions and signals.			
2.3 In a timely manner moved swimmers down the lane rope in backstroke events when over the top starts are in place.			
2.4 Reacted immediately and appropriately to the Referee's signals and instructions.			
2.5 Issued the start instructions as soon as they were satisfied that all swimmers were stationary.			
2.6 Swimmers were not held unduly after they were ready to start.			
2.7 All instructions were issued clearly and in accordance with the rules.			
2.8 Starting instructions were issued with the appropriate volume and tone of voice.			
2.9 Focused entirely and exclusively on the task assigned without engaging in any distracting activities.			
2.10 Displayed a composed temperament at all times.			
<b>3. Decision Making</b>			
3.1 All recommendations regarding possible breaches of the rules were made immediately to the Referee.			
3.2 All recommendations were consistent with every swimmer being treated equally.			
3.3 All recommendations were made clearly, concisely and in accordance with the rules.			
<b>4. Infraction Reports</b>			
4.1 All infraction reports were completed accurately and pursuant to the rules.			
4.2 All written reports were completed expediently after the verbal report.			
4.3 All Infraction reports were printed legibly.			
<b>5. General Competencies</b>			

5.1 Was dressed appropriately for the task.			
5.2 Was courteous to all swimmers, coaches, parents and other officials at all times.			
5.3 Maintains a level of concentration, physical fitness and capability to perform the task.			
5.4 Possesses State-specific accreditation in relation to child protection legislation.			

Name of Candidate: \_\_\_\_\_

National Technical Official Accreditation Number: \_\_\_\_\_

State-Specific Working With Children Card No \_\_\_\_\_

State-Specific Working With Children Card Expiry Date: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Name of Assessor: \_\_\_\_\_

### ASSESSMENT DECISION:

Competent

Not Yet Competent

Assessor Signature: \_\_\_\_\_

Candidate Signature: \_\_\_\_\_

### FUTURE TRAINING/ASSESSMENT RECOMMENDATIONS: