



STARTER

TRAINING EXERCISES

THE SWIMMING NSW TRAINING EXERCISES ARE TO BE USED IN CONJUNCTION WITH THE SWIMMING NSW TRAINING NOTES TO IMPROVE CANDIDATES UNDERSTANDING OF POLICIES AND PROCEDURES.

BOTH THE TRAINING NOTES AND TRAINING EXERCISES ARE RESOURCES TO ASSIST CANDIDATES ATTEMPTING THE SWIMMING AUSTRALIA ACCREDITATION PROCESS. THESE TRAINING EXERCISES WILL BE COMPLETED PRIOR TO THE ASSESSMENT.

STARTER

1. WHAT TIME WOULD YOU ARRIVE AT THE POOL?

2. WHO DO YOU REPORT TO AND WHY?

3. WHAT EQUIPMENT DO YOU REQUIRE?

4. WHEN DOES THE STARTER ASSUME CONTROL OF THE SWIMMERS IN SCRATCH EVENTS?

5. WHEN DOES THIS CONTROL CEASE?

6. AS THE STARTER, WHAT ACTION WOULD YOU TAKE IF A SWIMMER(S) STARTS BEFORE THE STARTING SIGNAL AND
 - (A) YOU HAVE NOT GIVEN THE STARTING SIGNAL

 - (B) YOU HAVE GIVEN THE STARTING SIGNAL

7. WHAT ARE THE POWERS OF A STARTER RELATING TO DISQUALIFICATIONS PRIOR TO THE START?

8. FOR WHAT REASONS?

9. WHEN WOULD A STARTER RECALL THE SWIMMERS

10. WHAT REASONS WOULD THERE BE FOR SUCH AN ACTION?

11. WHAT STARTING SIGNAL CAN BE USED BY THE STARTER TO START A SCRATCH RACE?

12. WHEN STARTING OVER THE TOP IS USED FOR A DIVE START, WHERE AND HOW DO THE SWIMMERS IN THE WATER POSITION THEMSELVES FOR THE START OF THE NEXT RACE?

13. WHEN STARTING OVER THE TOP IS USED FOR BACKSTROKE OR MEDLAY RELAYS, WHERE AND HOW DO THE SWIMMERS IN THE WATER POSITION THEMSELVES FOR THE START OF THE NEXT RACE?

14. OUTLINE THE STARTING PROCEDURE FOR A FREESTYLE SCRATCH RACE

15. OUTLINE THE STARTING PROCEDURE FOR A BACKSTROKE SCRATCH RACE

16. WHEN AUTOMATIC OFFICIATING EQUIPMENT (AOE) IS IN USE, WHAT MUST THE STARTER DO BEFORE STARTING A RACE?

17. IN A FREESTYLE SCRATCH RACE, A SWIMMER INDICATES TO THE REFEREE THAT HE IS GOING TO SWIM BACKSTROKE. WHERE WOULD HE BE POSITION FOR THE START OF THE RACE AND WHY?

18. IN A FREESTYLE HANDICAP RACE WHERE BACKSTROKE HAS BEEN NOMINATED BY THE SWIMMER ON HIS ENTRY CARD, WHERE WOULD HE BE POSITIONED FOR THE START OF THE RACE AND WHY?

19. WHAT DOES 'STATIONARY' MEAN IN RELATION TO A SWIMMER AT THE START?

20. MUST A SWIMMER BE 'FLAT FOOTED' AT THE START? YES / NO

21. WHAT IS THE ORDER OF STROKES IN AN INDIVIDUAL MEDLEY EVENT?

22. WHAT IS THE ORDER OF STROKES IN A MEDLEY TEAMS EVENT?

23. WHERE DO YOU STAND TO START A SCRATCH RACE?

24. WHAT ACTION SHOULD YOU TAKE WHEN YOU CONSIDER THAT A SWIMMER HAS DISOBEYED YOUR INSTRUCTIONS?

25. IN A HANDICAP RACE, THE COMPETITORS HAVE BEEN GIVEN THEIR HANDICAP STARTING NUMBERS AND PLACED ON THE STARTING PLATFORMS. HOW WOULD YOU START THE EVENT FOR A RACE WHICH IS BEING MANUALLY TIMED?

26. WHAT DISTANCE FROM THE START SHOULD THE FALSE START ROPE BE PLACED?
