



CHECK 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 TECHNICAL OFFICIAL ACCREDITATION PROCESS. THESE TRAINING EXERCISES ARE TO BE COMPLETED PRIOR TO ATTENDING A CHECK STARTER PRESENTATION.

CHECK-STARTER

1. AT WHAT TIME WOULD YOU ARRIVE AT THE POOL?

2. **A.** TO WHOM DO YOU REPORT ON ARRIVAL?

B. WHY?

3. WHAT EQUIPMENT IS IT NECESSARY FOR A CHECK STARTER TO BRING TO THE MEET TO ENABLE THEM TO CARRY OUT THEIR DUTIES EFFICIENTLY?

4. DETAIL THE FORMAL DUTIES AND RESPONSIBILITIES OF A CHECK STARTER ACCORDING TO THE RULES.

5. WHEN A FINAL IS RE-SEEDED WHO MUST THE CHECK STARTER INFORM?

6. WHAT DOES THE CHECK STARTER DO IF A RACE IS RECALLED AFTER A START HAS OCCURRED IN A SCRATCH RACE?

7. COMPLETE THE SENTENCE: 'SWIMMING COSTUMES ARE TO BE IN _____ TASTE, NON-_____ AND _____ FOR THE INDIVIDUAL SPORTS DISCIPLINE'.

8. IF A COSTUME DOES NOT COMPLY WITH THE RULES, WHO DOES THE CHECK STARTER INFORM?

9. WHAT IS THE RULE RELATING TO ADVERTISING ON A SWIMMER'S COSTUME?

10. WHAT IS THE RULE RELATING TO ADVERTISING ON A SWIMMER'S BODY?

11. IS ADVERTISING ALLOWED THAT RELATES TO TOBACCO OR ALCOHOL PRODUCTS?

12. HOW MANY ADVERTISEMENTS ARE ALLOWED ON A SWIMMER'S TOWEL AND BAG?

13. FROM WHOM DOES THE CHECK STARTER GET THEIR INFORMATION TO PLACE THE SWIMMERS READY FOR THE START OF THE RACE?

14. DOES THIS VARY DEPENDING ON WHETHER THE RACE IS AMALGAMATED OR RE-SEEDED?

15. IF A PRE-SEEDED EVENT IS AMALGAMATED OR RE-SEEDED WHAT ACTION DOES THE CHECK STARTER UNDERTAKE WITH THE SWIMMERS?
