

SCHSL Starter Briefing Guide

- Prepare the course by
 - Briefing timers
 - Testing the starting device
 - Ensuring starting blocks are clear and in order
- Asks the Referee what protocol is to be used
 - Assists referee by checking field for correct amount of swimmers, empty lanes/suits/jewelry
 - Agrees on what type of movement determines a false start
 - Discusses desired deck position/placement in order to have optimal view of the field
 - Hold microphone against body, at your side or against the chest (in the event of a hot Microphone)
 - Pause by taking a deep breath to concentrate, also affords swimmers any last minute adjustments
 - Raises microphone to mouth after hearing the long single whistle (second long whistle for backstroke starts) awaits outstretched (horizontal) arm from Referee
 - When Referee's arm is outstretched, he/she has decided to let the heat go regardless of any empty lanes
 - YOU ARE NOW IN CHARGE Remember the swimmers are reacting to you
- When field is ready-In conversational voice states "Take your mark" (i.e. "Close the door" not choppy)
 - Ensure a fair start
 - Flat or straight drop in voice—you are talking the swimmers down in a conversational voice
 - Take a second or two
 - Never force a start or keep swimmers on the blocks for extended periods of time
 - When all are stationary hit the horn - Patience is the key
- If you observe a false start, mark the lane number and address the referee telling him/her that you have a potential false start. Confer and proceed accordingly.
- After swimmers splash, watch until all swimmers surface – note empty lanes and record
- 500/400m Freestyle, note splits (actual laps swim) on Recording Sheet
- When giving instructional commands – Preface by using words like "please...", "Ladies...", "Gentlemen..."
- Be aware of any outside/distracting interference around the blocks-eliminate if necessary
- Attempt to make every start the best start
- Patience is important for Backstroke starts. If swimmers toes are on top of the gutter or pad, have the field "relax", and correct the swimmer
- If you have to "Stand" the field a second time you may want to step them down
- "Please assume your starting position without delay", "Please respond promptly", "Please find a stationary position" "Ladies/Gentlemen"...pause then "Take your Mark"
- If same swimmer causes field to be stood a third time then a recommendation for DQ is appropriate and recommend said to the Referee