



## Stroke & Turn (Jr.) Checklist

### Prerequisite(s)

Must be age 16 or 17

### Step 1: Registration

- ☐ Create a [USA Swimming account](#) and register as a non-athlete official member

### Step 2: Education & Training

- ☐ Complete online, video-based modules through USA Swimming University
  1. [Foundations of Officiating](#) (30 minutes)
  2. [Stroke & Turn Certification Course](#) with a *minimum* passing score of 80% (2 hours)
- ☐ Complete [USA Swimming Level 2 Background Check](#) (BGC)  
*The required form is found in your USA Swimming account under the Education tab.*
- ☐ Complete USA Swimming Athlete Protection Training (APT)  
*The required course is found in your USA Swimming account under the Education tab.*
- ☐ Complete Concussion Protocol Training  
*Courses from the Center for Disease Control and Prevention (CDC) will satisfy the USA Swimming requirement.*

### Step 3: Approval by Officials Committee

- ☐ Complete [Request for Certification & Advancement](#)  
*Please note that approval from the Officials Committee is **required** prior to moving to Step 4: Apprentice*

### Step 4: Apprentice

- ☐ Complete [On-Deck Training Sessions](#) shadowing certified official(s)  
*Session Requirements:*
  - *minimum* of four (4) sessions total over two (2) different meets
  - sessions must include strokes and/or relays
  - time trials and freestyle only sessions shall *not* count toward these requirements
  - only USA/MI Swimming sanctioned and/or approved meets may be used for certification

### Step 5: Certification

- ☐ Submit [MI Swimming Application for Certification](#)  
*Must complete certification within one (1) year from month of completed clinic*