Effective Date: May 1, 2009



Racing Start Certification Checklist

Check the appropriate box as each step is satisfactorily demonstrated. Steps 1 through 5 are described with accompanying photos in the American Red Cross Safety Training for Swim Coaches Manual. Access the manual on the coaches' tab at www.usaswimming.org. (See Chapter 2: Head-first Entries and Racing Start Safety.)

Step 1-5 must be observed by the undersigned coach for all swimmers with less than one year of competitive experience or who are 10 years of age or younger.

Progression:	The swimmer satisfactorily d	emonstrated the ability to safely enter the water using:				
	Step 1: The sitting position					
	Step 2: The kneeling position					
	Step 3: The compact position					
	Step 4: The stride position	ep 4: The stride position				
	Step 5: A shallow head-first entry					
		for all swimmers, regardless of age or experience. Check g on the age and experience of the swimmer:				
	For swimmers age 10 years and under and/or swimmers with less than one year of experience: The swimmer has satisfactorily completed the racing start learning progression and demonstrated the ability to safely execute a shallow racing start from a starting block. OR					
	For swimmers age 11 years and older with more than one year experience: Based on prior competitive experience, the swimmer is capable of safely controlling the depth of his or her racing starts.					
swimmer iden		ofessional judgment of the undersigned coach that the forming a shallow racing start on demand and can safely				
Name of the S	Swimmer Age	Name of the Coach (Please Print)				
Club Name		Signature of the Coach Date				

- Record keeping options:
 - o An individual form signed by the coach for each USA Swimming member athlete
 - An attached roster signed by the coach documenting each USA Swimming member athlete (sample attached).
- This document must be maintained on file with the club listed above for three years.
- Prior to teaching racing starts check and understand the local and state laws regarding water depth.
- Keep up to date on all USA Swimming rules and information in teaching racing starts.

USA Swimming Racing Start Certification







Step 2: Kneeling Position



Step 3: Compact Position



Step 4: Stride Position



Step 5: Shallow Dive

Date Completed

	Position	Position	Position	Position	Chanew Dive	
Swimmer's Name and Age	<u>Sitting</u> <u>Position</u>	Kneeling Position	Compact Position	<u>Stride</u> <u>Position</u>	Shallow Dive	<u>Date</u>
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Coach's Name (Print):	
Signature of Certifying Coach:_	 _ Date:

Note: This form must be attached to the signed Racing Start Certification Checklist (previous page).