

Become a Stroke & Turn Official

What is an official: Swim officials are the people who are responsible for ensuring that the rules of swimming are upheld. Each meet needs: referee, starter, stroke & turn judges, & administrative officials.

Why do we have them: Officials are present to implement the technical and administrative rules of swimming and ensure that the competition is fair and equitable for everyone. A minimum number of officials are **required** at each session of a meet. Without officials, swim meets cannot take place.

Stroke & Turn Judges stand at the start end or the turn end and are responsible to ensure compliance with the technical rules of the swim such as the arm stroke, kick, turns and finishes.

You do not have to have knowledge or experience with swimming to become an official

Here is how to become a Stroke & Turn Official – you have 12 months to complete these steps, all of your time counts as Cascade volunteer hours, and Cascade will also reimburse you for the registration and background check costs! (Email receipts to nancycsc@comcast.net)

- (1) Register with USA Swimming as an “Non-Athlete Member” by using this link (first log into or create a USA Swimming account):

Please let Diane Wies (dianewies@comcast.net) know when you register so that she can help you with your progress and answer any questions you may have.)



- (2) Complete the following general membership requirements through your USA Swimming account (to access this: (a) log into your USA Swimming account, (b) Click “Education”; (c) Click “Course Catalog”; (d) Click “Officials”; and (4) Click “Membership Requirements”):

- Athlete Protection Training
- Background Check
- Concussion Protocol Training (you can complete the course through either of the 2 third party sites listed)

- (3) Complete the following online course work (to access this: (a) log into your USA Swimming account, (b) Click “Education”; (c) Click “Course Catalog”; and (d) Click “Officials”):

- “Foundations of Officiating”
- “Stroke and Turn Certification Course”

Be Sure to Screenshot your completion certificates in case there are any online glitches.

- (4) Do at least 4 sessions on deck at 2 or more swim meets as an apprentice with a trainer. ****You should email the meet referee at least a week before any meet you would like to attend to make sure that there is space on deck and will be a trainer available to help you at the meet.**** You can start your novice sessions after completing steps 1 and 2, but it is recommended that you also complete step 3 to make sure you have basic knowledge about the position before stepping on deck.

If you have any questions, please contact: **Diane Wies** at dianewies@comcast.net