

STARTER SATISFACTORY PERFORMANCE METRICS:

Training path for new Starters:

- Online course: "Starter Certification Course" provided by USA Swimming University
- Evaluations to Certify: 1 Certifier (required) + 1 Certifier (recommended) + 1 self (recommended)
- Certifier Qualifications: Experienced* LSC Referee who is SR

*An experienced Referee is one formerly held an MR certification or has been an LSC DR for at least 2 years and 24 sessions



	Description	NEEDS IMPROVEMENT (1)	MEETS CRITERIA (2) <i>Must receive at least a 2 for each criteria to pass</i>	EXCEEDS CRITERIA (3)
1	On Time	Is late, absent or inattentive for pre-session briefings; or needs to work on being in position sooner to be calm and ready to Start	Attends pre-session briefings and is in position on time.	Attends pre-session briefings, assures the starting area and equipment are organized and ready, and is in position and ready to <u>Start as needed.</u>
2	Starting Rules	Cannot articulate or find starting rules	Can locate the rules for starting in the rulebook	Knows the rules for starting.
3	Equipment	Not comfortable operating the microphone	Understands how the starting system operates, including microphone, start signal and recall signal.	Comfortable operating the starting system, including microphone, start signal and recall signal. Performs pre-session tests of the <u>starting equipment and speakers.</u>
4	Positioning	Does not choose a starting position that provides an adequate view of the field	Chooses acceptable starting positions for forward and backward start, but still working to <u>select preferred locations.</u>	Establishes a comfortable starting position on deck for both forward and back starts
5	Readiness	Regularly delays the next heat	Prepared and in position prior to most heats, but may occasionally be delayed by <u>distractions or other duties (OOF).</u>	Prepared and in position prior to each heat.
6	Protocol Forward Starts	Cannot reliably demonstrate the forward starting protocol	Understands forward starting protocol with the Deck Referee, including the meaning of the whistles, announcing, and how a heat is turned over to the Starter (and taken back).	Demonstrates forward starting protocol with the Deck Referee, including the meaning of the whistles, announcing, and how a heat is turned over to the Starter (and taken back).
7	Protocol Backstroke Starts	Cannot reliably demonstrate the backstroke starting protocol	Understands basic backstroke starting protocol with the Deck Referee, including the meaning of the whistles, announcing, <u>and checking toe/feet position.</u>	Demonstrates correct procedures for backstroke starts, including checking toe/feet position.
8	Voice	TYM is not audible or understandable	Delivers TYM serviceably and with necessary volume, but still working on voice.	Delivers TYM calmly, with necessary volume and with prescribed voice
9	Timing	TYM or start timing is consistently too fast or too slow	Demonstrates appropriate TYM/start timing much of the time, but still working on timing consistency.	Shows PATIENCE before delivering TYM and starting signal. Self evaluates own starts for ongoing improvement.
10	Other Commands	Cannot demonstrate use of Other (Stand, Step-Up/Down, Relax, Toes, Thank You/Clear-the-Pool) commands, even with <u>occasional prompting</u>	Is aware of Other commands, and delivers them correctly with occasional prompting from the Deck Referee or mentor.	Understands the use of Other Commands, and delivers them correctly without additional explanation/prompting.
11	False Starts	Does not understand false start protocol or rarely correctly identifies false starts.	Understands false start protocol, correctly identifies and practices it sometimes, but still misses some reasonably noticeable false <u>starts.</u>	Understands and practices false start protocol. Has reviewed and understands the published False Start Scenarios.
12	Accommodations	Is unaware of Article 105	Understands that starters have responsibilities under Article 105 regarding swimmers with disabilities, but may not be <u>familiar with guidelines</u>	Is familiar with Article 105 and the various accommodations or modifications for starting swimmers with disabilities
13	Hearing Impaired Starts	Unfamiliar with starting hearing impaired swimmers	Understands the process for a Start for a hearing impaired swimmer, but may not be <u>comfortable performing it in competition.</u>	Demonstrates the Start for a hearing impaired swimmer

Continued on back

	Description	NEEDS IMPROVEMENT (1)	MEETS CRITERIA (2) <i>Must receive at least a 2 for each criteria to pass</i>	EXCEEDS CRITERIA (3)
14	Other Duties	Is unfamiliar with distance counting and/or bell ringing	Understands the intent of distance counting and bell ringing but may require some <u>guidance to maintain accuracy.</u>	Demonstrates distance counting and bell ringing. Maintains an accurate Starter's heat sheet.
15	Order of Finish	If unfamiliar with recording OOF	Understands the process and intent of OOF, but not yet proficient and may require some <u>mentoring</u>	Understands and can demonstrate recording OOF, while starting.

16	Timer Briefing	Cannot give an adequate timer briefing	Can give timer briefings with some guidance	Can give concise and effective timers briefings
17	USAS Guidance	Is generally unfamiliar with performance criteria outlined in the USAS Starter Professional Document. Is unfamiliar with USAS Safe Sport and MAAPP rules.	Is aware of the performance criteria outlined in the USAS Starter Professional Document and the USAS Safe Sport and MAAPP rules.	Understands the performance criteria outlined in the USAS Starter Professional Document and the USAS Safe Sport and MAAPP rules.