



"Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. "

*The only acceptable documentation for an unattached or unaccompanied athlete is the Racing Start Certification Checklist signed by a USA Swimming coach. Unattached swimmers and/or unaccompanied swimmers must present a copy of the signed form for entry into every meet. **Without this signed form, the athlete must start in the water.***

### Racing Start Certification Checklist

Check the appropriate box as each step is satisfactorily demonstrated. Steps 1 through 5 are described in the American Red Cross Safety Training for Swim Coaches Manual. Access the manual on the coaches' tab at [www.usaswimming.org](http://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 demonstrated 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
- Step 5: A shallow head-first entry

**Step 6 must be completed by the coach for all swimmers, regardless of age or experience. Check either one of the boxes below depending 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.

Based on personal observation, it is the professional judgment of the undersigned coach that the swimmer identified below is capable of performing a shallow racing start on demand and can safely perform a racing start in four feet of water.

\_\_\_\_\_  
Name of the Swimmer                      Age                      Name of the Coach (Please Print)

\_\_\_\_\_  
Swimmers' Club    Name Signature of the Coach

\_\_\_\_\_  
Date    Coach's Club

- Record keeping: o An individual form signed by the coach for each USA Swimming member athlete
- 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.