



TECHNICAL OFFICIALS EDUCATION PROGRAM



SWMTOFF07
UNIT 7- INSPECTOR OF TURNS

LEARNER GUIDE

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Australian Government
Australian Sports Commission



Contents

P3: About this Learner Guide

P7: Section 1 –
Inspector of Turns

P17: Section 2 –
Assessment Tasks and Tools

About this Learner Guide

This Learner Guide has been developed by Swimming Australia Ltd (SAL) to support candidates undertaking **unit 7 – Inspector of Turns** within the SAL **Technical Officiating Accreditation Program**. This Learner Guide is designed to be used in conjunction with face-to-face training and extensive workplace supervision.

SAL would like to thank Swimming Queensland and McLaughlin Sports Consultancy for their work in the development of this resource.

This resource corresponds to the following Units of Competency within the Technical Officials Accreditation Program:

SWMTOFF07

What is a Competency?

A competency can be defined as “the application of specific knowledge and skill to a required standard of performance in a given situation” (ASC RIA Manual, 2000, p27).

A competency can include a number of aspects of performance, such as:

- Applied Skills (e.g. being able to demonstrate specific skills)
- Management Skills (i.e. being able to prepare, plan and organise)
- Contingency Management Skills (i.e. being able to fix problems as they arise)
- Inter-personal Skills (i.e. being able to deal effectively with others)

Usually all four of these areas are considered.

What is Competency Based Assessment?

- **Criterion Based**

Candidates are assessed against a set of specific performance criteria or benchmarks, NOT against each other.

- **Evidence Based**

Decisions, about whether a person is competent or not, are based upon evidence provided by the candidate.

- **Participatory Processes are used**

The candidate is involved in planning and arranging assessment processes wherever possible. They have some input to assist them to achieve competency.

How Do I Use this Learner Guide?

The Learner Guide provides you with the information and activities that will enable you to develop competency, within the aforementioned unit of competency.

You can develop competency in these units through a combination of methods, including:

- Reading the material in this Learner Guide.
- Asking questions about anything you don't understand.
- Observing others in a workplace.
- Practising the skills you are learning in PRACTICAL SITUATIONS.
- Completing the activities in this Learner Guide.
- Completing the assessment activities to demonstrate your skills and knowledge.

Case studies and examples are used throughout this Learner Guide to clarify your understanding.

What Resources Do I Need?

The main resource you will need to complete the learning for this program is this Learner Guide. You will also need a copy of the current FINA / SAL Swimming Rules and access to swimming events where you can be practically assessed as an Inspector of Turns.

What if I Already Have the Skills?

You may already have some or all of the skills or knowledge required for this unit of competency. If this is the case, you may not have to undertake additional training in these areas.

You can ask your State/Territory Swimming Association for an initial assessment of your **current competence** to determine what skills you have and whether you need additional training. If you would like to attempt to gain formal recognition of your existing skills, you will be required to complete a detailed Recognition of Current Competency (RCC) application form that will allow an assessor to review your skills against the specific requirements for this course. **Discuss this process with your State/Territory Swimming Association.**

What About Assessment?

When you complete the assessment within this Learner Guide and are assessed as competent by your assessor in a PRACTICAL OFFICIATING ENVIRONMENT, you will be eligible to receive a certificate from SAL.

To undertake assessment for this program, you will need to complete the assessment tasks found at the end of the Learner Guide. Wherever possible, you will be assessed at a swim meet to ensure relevance of the process.

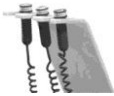
The assessment process is what is known as **integrated assessment**. This means that several elements / performance criteria are grouped together and assessed at the same time using one assessment task.

The assessment activities are found in the final section within the Learner Guide and can be identified by the icon below.



Official Assessment

The Learner Guide also includes a series of specifically designed learning **activities**, which will allow you to practice your new skills prior to assessment. ***These activities must be completed*** and will be represented by the logo below.



Activity

How Do I Start?

You can undertake the activities in the Learner Guide at your own pace, or under the supervision of your trainer / mentor.

You are ready to start.

SWMTOFF07 (UNIT 7):

Inspector of Turns

This unit outlines a range of general skills that are required by Inspectors of Turns. The elements within this unit are:

- **Preparation**
- **Roles and responsibilities of the Inspector of Turns**

Introduction

The Inspector of Turns (Turn Judge) plays a very important role in ensuring that all swimmers compete in a fair and consistent environment. Just as with all other officiating roles in the sport of swimming, pre-event preparation is a key factor in effective operations.

Some of the steps that you will need to take in preparing for your role include:

Preparation

- Time of arrival at Pool - 30 minutes prior to the stated commencing time of the Session.
- Report immediately to the Referee to receive instructions and a program.
- Become familiar with the pool area and meet other Officials with whom he will be working.

Inspectors of Turns shall be assigned by the Referee or Chief Inspector of Turns to lanes at each end of the Pool.



ACTIVITY 7.1

For each of the 3 preparatory steps listed above, list one possible negative consequence that may occur if they are not undertaken.

- 1.
- 2.
- 3.

Roles of Inspectors of Turns

The roles of Inspectors of Turns are many and varied, yet the following are a good guide for you.

1. Ensure that when turning, competitors comply with the relevant turning rules, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning.
2. Record the number of laps completed by each competitor.
3. In relay events ensure that the competitor next to swim is in contact with the starting block when the preceding competitor touches the wall/touch pad.
4. At the turn end of the pool, display a card to competitors showing the number of laps still to be completed in events of 800 and 1500 metre events.

5. At the finish end, in freestyle events of 800 - 1500 metres, give the previously determined warning signal when the competitor has two lengths plus 5 metres to swim to the finish. The signal may be given both in and out of the turn.
6. Report any infringements to the chief inspector of turns who then conveys the report to the Referee. The report must contain full details of the infringement.



ACTIVITY 7.2

For each of the 6 roles and responsibilities listed above, list one possible negative consequence that may occur if they are not undertaken effectively by the Inspector of Turns.

1.

2.

3.

4.

5.

6.

WHAT TO OBSERVE:

Freestyle Turn

A swimmer may touch the wall with any part of the body when turning and at the finish. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

Breaststroke Turn

When inspecting the breaststroke turn, there are many key elements, which must be assessed in each swimmer. These include:

- From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at anytime.
- At all times, all movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- Hands shall be pushed forward together from the breast on, under or over the water and shall be brought back on or under the surface of the water. The elbows shall be under the water except for the final stroke before the turn, during the turn, and the final stroke at the finish. Except for the first stroke, after the start and after each turns, the hands shall not be brought back beyond the hip line.
- At all times all movements of the legs shall be simultaneous and in the same horizontal plane, without alternating movements.

- In the leg kick, the feet must be turned outwards in the propulsive part of the kick. A scissor, flutter or dolphin kick is not permitted except at the Start and after each turn where a single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Breaking the surface of the water with the feet is allowed.
- At each turn and upon the finish of the race, the touch shall be made with both hands simultaneously, either at, above, or below the water level.
- The elbows shall be under the water except for the final stroke before the turn, during the turn and the final stroke at the finish.



ACTIVITY 7.3

If the elbows of a swimmer breaks the surface of the water at any time, is this an infringement of the rules? Justify your answer.



ACTIVITY 7.4

Is it permitted for a breaststroker to touch the wall on the finish or turn, below the surface of the water?

Breaststroke Clarifications:

▪ **FIRST COMPLETE CYCLE**

After the start and after each turn, the swimmer may take one arm stroke pulling completely back to the legs, a single downward dolphin kick followed by a breaststroke kick is permitted.

▪ **SECOND COMPLETE CYCLE**

- (i) The hands are not to be brought back beyond the HIP LINE in the propulsive arm stroke (pull).
- (ii) The head must break the surface of the water during the second stroke cycle. i.e. - before the hands turn inwards at the widest part of the second stroke at the start and after each turn.

The feet must be turned outwards during the propulsive part of the kick

- Tumble Turns are permitted but must comply with the Breaststroke Rules on Turns.
- The Touch may be made with the top of the fingers or flat of the hands. (Any part of the hands.)
- A Swimmer's feet may break the surface of the water, provided that they do so simultaneously (thereby indicating that they are in the same horizontal plane).

Butterfly

- Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- Both arms must be brought forward together over the water and brought backwards simultaneously.
- All up and down movements of the legs must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

- At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.
- At the start and at the turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him/her to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.
- It is ONLY permissible to use the dolphin kick.
- A swimmer may not use an underwater breaststroke type forward recovery of the hands in order to touch at the turn or at the finish.
- If the swimmer has completed a stroke and finds he/she is short of the end of the pool, he/she must once more bring his/her arms over the surface of the water before touching, or kick in with outstretched arms.
- Once having touched the wall, the swimmer may be in any position until his /her feet leave the wall.
- The duty of the Inspector of Turns is completed once the swimmer surfaces after his/her arm pull to bring him to the surface.



ACTIVITY 7.5

Outline the types of kick allowed in Butterfly.



ACTIVITY 7.6

What options does a swimmer have, as they come in to the finish and realise that they are short of the wall?

- 1.
- 2.

Backstroke

In executing a turn, swimmers may now turn from the back on to the chest. The relevant Rule is detailed in S.W. 6.2& 6.4.

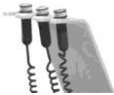
The key to a proper interpretation of the Rule is in the phrase “continuous turning action”. That is to say that the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

- Kicking through the turn is allowed, but there shall be no kick or arm pull that is independent of the turning action. The position of the head is not relevant.
- The swimmer may be submerged at the finish. Always view the Backstroke swimmer in total.
- During the turn the shoulders may be turned over the vertical to the breast but the swimmer must have returned to a position on the back upon leaving the wall. When executing the turn, there must be a touch of the wall with some part of the swimmer’s body.



ACTIVITY 7.7

How is the position of the swimmer's head during the backstroke turn relevant to the rules?

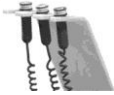


ACTIVITY 7.8

Where must a swimmer's feet be, at the start of an event?

Finish:

- With reference to SW 6.3, some part of the swimmer must break the surface of the water throughout the race. It shall be permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.
- With reference to SW 6.5, upon the finish of the race the swimmer must touch the wall while on the back. The body may be submerged at the touch.
- After the upper shoulder rotates beyond the vertical toward the breast a continuous (unbroken) single arm pull or a continuous simultaneous double arm pull may be used to initiate the turning action. Kicking through the turn is allowed, but there shall be no kick or arm pull that is independent of the turn. The position of the head is not considered relevant.



ACTIVITY 7.9

What position must the swimmer's body be in, upon touch the wall at the finish?

Medley Turns

- In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- The touch appropriate for the stroke used during the lap the swimmer is completing must be executed correctly, and the correct position of the body must be observed when pushing off for the next style stroke.
- “Freestyle” in Medley Swimming is defined as any style other than Butterfly stroke, Backstroke or Breaststroke.
- Each section must be finished in accordance with the rule, which applied to the style concerned.



ASSESSMENT

Task 1:

You are required to answer the questions below. You are required to successfully answer ALL questions. If this does not occur on your first attempt, you will be given the opportunity to gain assistance from your assessor / mentor and then be re-assessed.

1. If you have more than one lane to observe, where would you position yourself?
2. What is your main duty as an IOT?
3. Can a swimmer stand up and take a stride forward during the turn?
4. What would you look for during a breaststroke turn?

5. How would you report an infringement?

6. When would you display the counter?

Task 2:

You are required to be assessed as an Inspector of Turns in a real / simulated practical situation, by your assessor. This will give you the opportunity to provide evidence of your competence in a swimming specific environment (on the job).

ASSESSMENT TOOL – UNIT 7 (INSPECTOR OF TURNS)

Element / Performance Criteria INSPECTOR of TURNS	Displayed Competency		Comments Must be completed if marked NO
	YES	NO	
1. Preparation			
Arrived at venue at least 30mins prior to commencement of event			
Reported to the Referee to receive any instruction			
Had all required equipment to complete the task			
2. Performance of Task			
Was waiting in the correct position ready for every start			
Maintained their position over the designated lane/s for the entire time required			
Stood in such a position that they saw directly down the wall for the turns and finish			
Stood in such a position that they saw the entire body of the swimmer for the whole time they are under the officials jurisdiction			
Stood in such a position that, when required, they could judge the swimmers body position.			
Remained standing over their lane at the completion of a race if they were making an infraction report			
The designated lane/s were observed and judged equally			
Focused entirely and exclusively on the task assigned without engaging in any distracting activities			
3. Decision Making			
All recommendations regarding possible breaches of the rules were made independently and reported immediately to the Chief Inspector of Turns/Judge of Stroke/Referee			
All recommendations were consistent with every competitor being treated equally			
All recommendations were made clearly, concisely and in accordance with the rules.			
4. Infraction Reports			
All infraction reports were completed accurately and pursuant to the rules			
Verbal reports were given to the Referee prior to the completion of the relevant heat			
All written reports were completed expediently after the verbal report has been given.			
Infraction reports were printed legibly			

5. General			
Has attended a Swimming rules seminar within the past 4 years			
Was dressed appropriately for the task – where sponsor clothing was available it was worn			
Was courteous to all swimmers, coaches, parents, spectators and other officials at all times			
Possesses state specific accreditation in relation to child protection legislation			
Maintains a level of concentration, physical fitness or capability to perform the task			

Assessment Decision:

Competent

Not Yet Competent

Name of Candidate: _____

Candidate's Mobile: _____

Candidate's Email: _____

Candidate's Club name: _____

Date of Assessment: _____

Name of Assessor: _____

Assessor Signature: _____

Future Training / Assessment Recommendations:

