

TECHNICAL OFFICIALS
TRAINING PROGRAM
UNIT 7



INSPECTOR OF TURNS

LEARNER GUIDE

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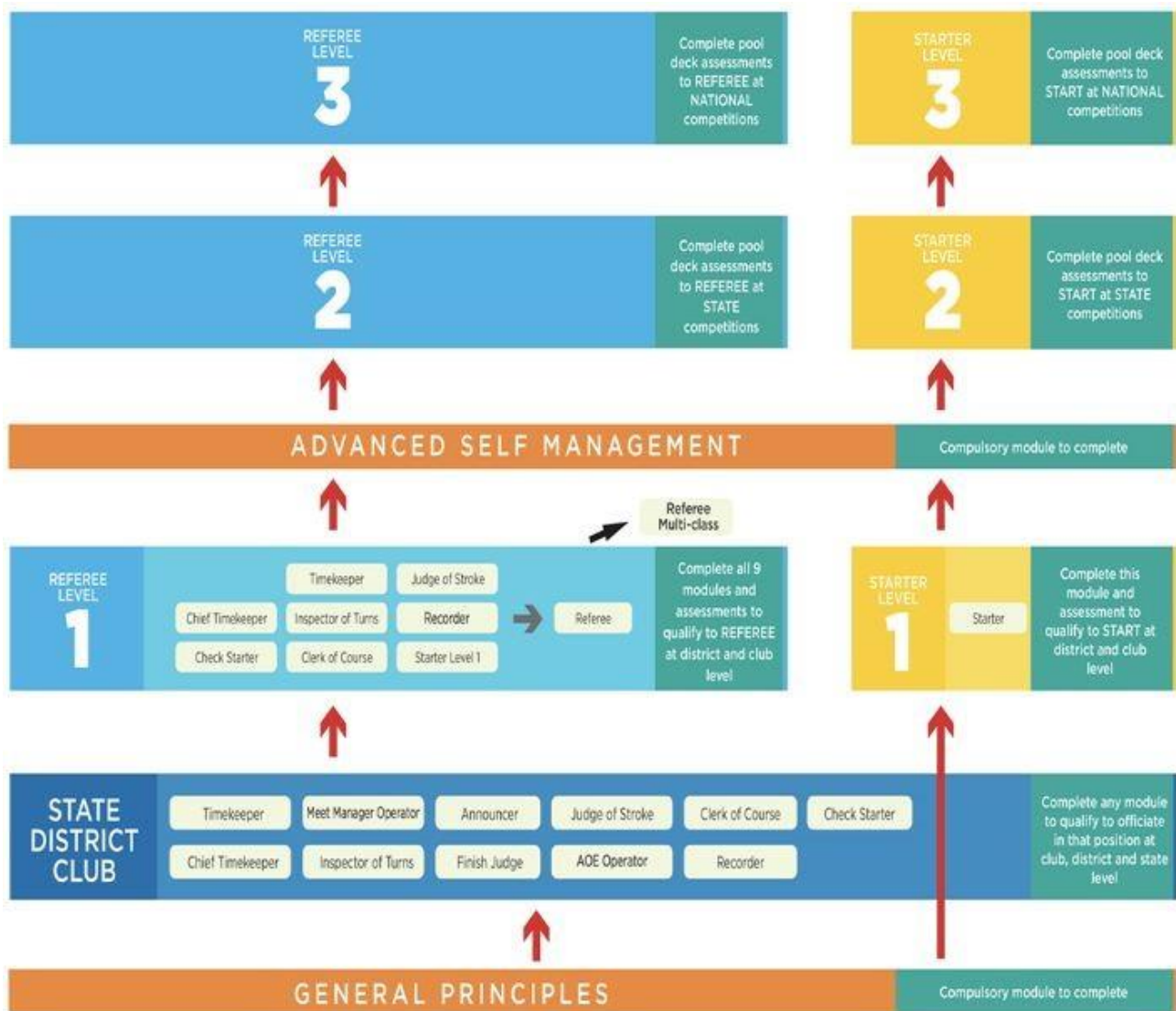
ABOUT THIS LEARNER GUIDE

This Learner Guide has been developed by Swimming Australia Ltd (SA) to support candidates undertaking **Unit 7 – Inspector of Turns** within the SA **National Officiating Accreditation Program**.

SAL and the State Technical Committees have worked in conjunction in the formulation of this document.

Swimming Australia Limited has designed the Technical Officials Training Program on a competency-based training platform.

OFFICIATING POOL PATHWAY



WHAT IS A COMPETENCY?

A competency can be defined as the application of skills and knowledge to an agreed standard.

Competency relates to what a person can do.

Competency standards specify the level of knowledge and skills required, and the application of that knowledge and skills for effective performance.

Australian Sports Commission Assessor Training Manual 2006

WHAT IS COMPETENCY BASED ASSESSMENT?

Assessment is the process of collecting evidence and making judgements about whether competency has been achieved. Assessment needs to be based on established criteria. These criteria are reflected in the questions and activities set out in this Learner Guide.

HOW DO I USE THIS LEARNER GUIDE?

This Learner Guide provides you with the information and activities that will enable you to achieve competencies related to this unit of work.

You can develop competency in this unit through a combination of tasks including:

- Reading the material in this Learner Guide.
- Asking questions about anything you don't understand.
- Observing other officials during events.
- Reinforcing the skills you are learning in practical situations.
- Satisfactorily completing the activities in this Learner Guide.
- Completing the assessment activities outlined in this Learner Guide.

WHAT RESOURCES DO I REQUIRE?

You will require this Learner Guide as well as a copy of the current [SA 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 have already attained the skills required to complete this learning module. If so, you can request your State/Territory Swimming Association for an initial assessment of your **current competence**. This assessment will determine the level of your skills and whether you need additional training.

If you would like to undertake assessment for formal recognition of your existing skills, you will be required to complete a detailed Recognition of Prior Learning (RPL) application form that will allow an assessor to review your skills against the specific requirements for this unit of work. Discuss this process with your State/Territory Swimming Association.

LEGISLATIVE REQUIREMENTS

All Swimming Officials whether paid or unpaid must meet the legislative requirements in each state and territory when dealing with children and vulnerable people. Please check with your State/Territory Swimming Association to complete any documentation required to meet this legislation.

WHAT ABOUT ASSESSMENT?

To undertake assessment for this unit of work, you will need to complete the following assessment tasks:

- Complete this Learner Guide
- Complete the Inspector of Turns Examination Paper (written or oral) with a minimum pass rate of 85%
- Complete a practical assessment during a full session of a swim meet.

When you complete the assessment within this Learner Guide and are assessed as competent by your assessor, you will be eligible to receive accreditation from SAL.

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



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.

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**
- **Role of the Inspector of Turns**

Preparation

The Inspector of Turns plays a very important role in ensuring that all competitors 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:

1. Arrive at venue at least 30 minutes prior to start of meet.
2. Report to the Referee to receive any instructions and an event program.
3. Have all equipment required to complete task (e.g. rule book, whistle, pen, program and infraction report slips).
4. Meet with all other officials with whom you will be working and familiarise yourself with the pool-deck area.

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



ACTIVITY 7.1

For each of the 4 preparatory steps listed above, list one possible consequence that may occur if they are not undertaken.

1.	
2.	
3.	
4.	

Role of the Inspector of Turns

Inspectors of Turns play a very important role in ensuring that all swimmers are given the opportunity to compete in a fair and consistent environment. When appointed to roles where recommendations for the disqualification of swimmers can be made, it is important to be 100% certain of an infraction before making a report. Just because a stroke may look different, it does not necessarily mean that there is an infraction occurring. If there is any doubt whatsoever in your mind, then **do not** make a report to the Referee. Always give swimmers the benefit of any doubt.

Duties include:

- Inspectors of Turns shall be assigned to lanes at each end of the pool by the Referee or Chief Inspector of Turns.
- Inspectors of Turns at the start end of the pool shall ensure that the swimmers comply with the relevant rules from the start until the completion of the first arm stroke after the start. In Breaststroke events the jurisdiction is until the completion of the second stroke after the start.
- Inspectors of Turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before the touch and ending with the completion of the first arm stroke after turning. In Breaststroke events the jurisdiction is until the completion of the second stroke after the turn.
- Inspectors of Turns at the finish end shall also ensure that the swimmers finish their race according to the Rules.
- In individual events of 800m and 1500m, each Inspector of Turns at the turn end of the pool shall record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying "lap cards" showing odd numbers at the turning end of the pool. Electronic equipment may be used, including under water display.
- Inspectors of Turns at the start end shall give a warning signal when the swimmer in their lane has two lengths plus 5m to swim to finish in events of 800m and 1500m. The signal should be continued after the turn until the swimmer has reached the 5m mark on the lane rope. The warning signal may be by whistle or bell.
- Inspectors of Turns shall determine, in relay events, whether the feet of a swimmer lose touch with the starting platform before the preceding team-mate touches the wall. When Automatic Officiating Equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.
- Inspectors of Turns shall report any violation to the Referee. If accepted complete a signed infraction report slip detailing the event, lane number, and the infringement as reported to the Referee.
- If you are undecided as to a possible infraction, give the swimmer the benefit of the doubt.

WHAT TO OBSERVE

Freestyle

- SW 5.1 Freestyle means that in an event so designated, the swimmer may swim any style, except that in Individual Medley or Medley Relay events, Freestyle means any style other than Backstroke, Breaststroke or Butterfly.
- SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- SW 5.3 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 15m after the start and each turn. By that point, the head must have broken the surface.

Breaststroke

- SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.
- SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
- SW 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Interpretation:

"Separated" means the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.





ACTIVITY 7.2

In Breaststroke, if the elbows of a swimmer break the surface of the water at any time, is this an infringement of the rules?



ACTIVITY 7.3

In Breaststroke is it permissible for a swimmer to touch the wall at the finish of the race with both hands below the surface of the water?

YES / NO

Butterfly

- SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
- SW 8.2 Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to SW 8.5.
- SW 8.3 All up and down movements of the legs must be simultaneous. 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.
- SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above, or below the water surface.

Interpretation:

“Separated” means the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern. See Figure on P11

- SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring them to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15m 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.



ACTIVITY 7.4

Outline the types of kick not permitted in Butterfly.



ACTIVITY 7.5

What are the options for a Butterfly swimmer as they approach the finish and realise they are short of the wall?

Backstroke

- SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke Ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
- SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon their back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15m after the start and each turn. By that point the head must have broken the surface.
- SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in their respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate 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.
- SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in their respective lane.



ACTIVITY 7.6

At the start of a Backstroke event where must a swimmer's feet be positioned?



ACTIVITY 7.7

In Backstroke, describe the position of the swimmer's body upon touching the wall at the finish of the race.

Medley

- SW 9.1 In Individual Medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
- SW 9.2 In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.
- SW 9.3 In Medley Relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
- SW 9.4 Each section must be finished in accordance with the rule that applies to the stroke concerned.

Note: "Freestyle" in Medley swimming is defined as any style other than Backstroke, Breaststroke or Butterfly.

MULTI CLASS EVENTS (MC)

Swimming Australia supports a competitive pathway for swimmers who have physical, vision, intellectual or hearing impairment or who have received a transplant.

Rules for Multi Class (MC) events are integrated throughout the SAL Swimming Rules. They are identified by the letters MC before the rule number, and are adopted from the rules of the relevant international governing bodies.

The Australian Swimming Classification System provides a structure for competition for swimmers with disability. Classifications group the swimmers according to the impact of their impairment on their ability to compete.

There are 16 classes in the Australian swimming classification system:

Paralympic Classes:

Classes 1-10	Swimmers with physical impairment (PI)
Classes 11-13	Swimmers with vision impairment (VI)
Class 14	Swimmers with intellectual impairment (II)

Other Classes:

Class 15	Swimmers with hearing impairment (HI)
Class 16	Swimmers who have received a transplant (Tp)

Swimmers receive a class for each stroke discipline. A prefix indicates which stroke the class applies to. The stroke classes are designated as follows:

- S Indicates the class for Freestyle, Backstroke & Butterfly
- SB Indicates the class for Breaststroke
- SM Indicates the class for Individual Medley

Some swimmers are entitled to receive exceptions to the swimming rules and other considerations based on their classification. The exceptions prevent classified swimmers from being disqualified during MC competition or in other competition where classifications and rule exceptions are observed. These exceptions are allocated during the Swimmer Evaluation and/or Eligibility process and are identified by a system of codes known as the Swimming Codes for Exceptions.

The Swimming Codes for Exceptions are adopted directly from the WPS Swimming Rules. Examples of these codes include:

STARTS

- A ASSISTANCE REQUIRED
- B BLACKENED GOGGLES
- E UNABLE TO GRIP FOR BACKSTROKE START
- H HEARING IMPAIRED LIGHT OR SIGNAL REQUIRED
- T TAPPERS
- Y STARTING DEVICE

DURING SWIMMING

- 0 NIL
- 1 ONE HAND START
- 2 BREASTSTROKE - ONE HAND TOUCH
- 3 BREASTSTROKE - SIMULTANEOUS INTENT TO TOUCH
- 4 BUTTERFLY - ONE HAND TOUCH
- 5 BUTTERFLY - SIMULTANEOUS INTENT TO TOUCH
- 7 PART OF UPPER BODY MUST TOUCH
- 8 RIGHT FOOT MUST TURN OUT
- 9 LEFT FOOT MUST TURN OUT
- 12 LEG DRAG OR SHOW INTENT TO KICK
- + BUTTERFLY KICK IS ABLE TO BE PERFORMED (illegal in Breaststroke)

STROKES

- **FREESTYLE** NO EXCEPTIONS (NIL)
- **BACKSTROKE** ONLY EXCEPTION 1 MAY APPLY
- **BUTTERFLY** EXCEPTIONS 4,5,7 MAY APPLY
- **BREASTSTROKE** EXCEPTIONS:
UPPER BODY – 2,3,7 MAY APPLY
LOWER BODY - 8,9,12,+ MAY APPLY



ACTIVITY 7.8

If you observed an infraction during a Multi Class event what should you do?

POOL DECK PROTOCOLS - INSPECTOR OF TURNS

Start End:

Jurisdiction for Inspectors of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it shall be the second arm stroke.

- In Freestyle and Backstroke events (where Backstroke Ledges are not being used), remain seated at the Referee's whistle then stand and move forward when the lead swimmer reaches the 15m mark approaching the turn on the second lap. Remain standing until the finish of the race.
- In Breaststroke, Butterfly and Individual Medley events, on Referee's whistle, stand behind and to one side of your lane's starting platform. If observing more than one lane, stand in a position to view the lanes equally. Remain standing until the end of the race.
- Where required, after the starting signal is given, quickly step forward onto the bulkhead to observe the first stroke, except in Breaststroke where it will be the second arm stroke.
- If you have observed an infraction, indicate to the Chief IOT that you have an infraction to report and remain standing over the lane until the reserve or the Chief IOT comes to you.
- You then make your report immediately to the Referee, and if the Referee accepts the report you will complete the infraction card.
- You may need to operate a SAT button.
- In 800m and 1500m races, you will signal either by whistle or bell when the swimmer has 2 laps plus 5m to go.
- You will observe relay changeovers as a back-up if electronic changeover equipment is present and to judge if such equipment is not present.

Turn End:

Jurisdiction for the Inspector of Turns for each turn commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it shall be the second arm stroke.

- In all races, stand and move forward when the lead swimmer reaches the 15m mark from the turn end. Remain standing until the last swimmer has passed the 15m mark from the turn end on the last lap.
- If observing more than one lane, stand in a position to view the lanes equally.
- You will observe relay changeovers as a back-up if electronic changeover equipment is present and to judge if such equipment is not present.
- If you have observed an infraction, indicate to the Chief IOT that you have an infraction to report and remain standing over the lane until the reserve or the Chief IOT comes to you.
- You then make your report immediately to the Referee, and if the Referee accepts the report you will complete the infraction card.
- In 800m and 1500m events, you will set up and operate lap counters:

Event	Number of laps		Procedure
	800m	1500m	
Long Course	15	29	Change the lap counter when the swimmer has passed 5m after the turn.
Short Course	31	59	

Finish:

Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching.

Backstroke Ledges:

Note: The use of Backstroke Ledges by a swimmer is not compulsory. If the ledge is not required by a swimmer they should request the Inspector of Turns (IOT) appointed to that lane to remove the ledge from the water. The swimmer should not attempt to remove the ledge.

Prior to the Start

- The IOT shall install the ledge and adjust the setting to '0' (0 corresponds to water level).
- Once the backstroke ledge has been installed, the kicker plate should be adjusted and locked into position 3.
- The swimmer may choose to change the setting level of the ledge for their start. They should make the adjustment themselves however may request assistance from the IOT.
- On the first whistle, the IOT should stand and move forward on the deck behind the blocks. On the second whistle, the IOT should step up and move forward to observe that at least one toe from each foot is in contact with the wall or face of the touchpad. The IOT may need to request the swimmer to adjust the position of their toes. Once the swimmers toes are correctly positioned, the IOT should step back level with the back of the block but remain standing until after the starting signal is given. The check for the position of the toes must be actioned quickly and should not unduly delay the start.
- All IOT's should stand and move forward at the start of each race as above regardless of whether the swimmer in their lane uses a backstroke ledge or not.

After the Start during heats

- After the start of each heat, the IOT should step forward and remove the ledge from the water. To remove the ledge from the water and ensure the straps do not become twisted, it is recommended that the ledge is removed from the water by standing behind the starting block and placing each hand under the straps on each side. Either lift the ledge onto the top of the block behind the kicker plate until the next start or lift and carefully slide the ledge into position under the front of the block (below the backstroke grips).

- The setting should be returned to '0' after each start.

At completion of the Backstroke event

- After the start of the final heat of a backstroke event, remove the ledge from the starting block and carefully roll the device back to its original position without twisting the straps.

CHIEF INSPECTOR OF TURNS

- Be alert and make sure you are watching the Inspectors of Turns after the start, each turn and at the finish of each race in the event they have an infraction to report.
- If an infraction is reported, the Chief will inform the Referee in person or by radio (if available) that a report is coming.
- The Chief will arrange (if available) for a reserve official to take over on the lane until the reporting IOT returns. If no reserve is available, the Chief will remain on that lane until the reporting IOT returns.



ASSESSMENT

Task 7.1:

Now that you have completed this Learner Guide, you should contact your Assessor to:

- 1. Undertake the Inspector of Turns Examination Paper (written or oral)**
- 2. Be assessed performing the duties of an Inspector of Turns in a full session of a swim meet. This will give you the opportunity to provide evidence of your competence in a swimming specific environment.**

ASSESSMENT TOOL – UNIT 7 INSPECTOR OF TURNS

Element / Performance Criteria INSPECTOR of TURNS	Displayed Competency		Comments
	YES	NO	Must be completed if Competency has been marked NO
1. Preparation			
1.1 Arrived at venue at least 30 minutes prior to commencement of event.			
1.2 Reported to the Referee to receive any instructions.			
1.3 Had all the required equipment to complete the task.			
2. Performance of Task			
2.1 Was positioned correctly for every race.			
2.2 Maintained position over the designated lane/s for the entire time required.			
2.3 Stood in a position to see directly down the wall for the turns and finish.			
2.4 Stood in a position to observe the entire body of the swimmer while under the official's jurisdiction.			
2.5 Remained standing over their lane at the completion of a race if they had an infraction to report.			
2.6 The designated lane/s were observed and judged equally.			
2.7 Focused entirely and exclusively on the task assigned without engaging in any distracting activities.			
3. Decision Making			
3.1 All recommendations of possible infractions were made independently and reported immediately to the Chief Inspector of Turns/Referee.			
3.2 All recommendations were consistent with every swimmer treated equally.			
3.3 All recommendations were clear, concise and in accordance with the rules.			
4. Infraction Reports			
4.1 All infraction reports were completed accurately and according to the Rules.			
4.2 Verbal reports were given to the Referee prior to the completion of the relevant race.			
4.3 All written reports were completed correctly and in a timely manner.			
4.4 Infraction reports were printed legibly.			
5. General			
5.1 Was dressed appropriately for the task.			
5.2 Was courteous to all swimmers, coaches, parents and other officials at all times.			
5.3 Possesses State-specific accreditation in relation to child protection Legislation.			
5.4 Maintains a level of concentration, physical fitness and capability to perform the task.			

Name of Candidate: _____

Swimming Club _____

National Technical Official Accreditation Number: _____

State-Specific Working With Children Card No _____

State-Specific Working With Children Card Expiry Date: _____

Date of Assessment: _____

Name of Assessor: _____

ASSESSMENT DECISION:

Competent

Not Yet Competent

Assessor Signature: _____

Candidate Signature: _____

FUTURE TRAINING / ASSESSMENT RECOMMENDATIONS: