



ASA Preliminary Competitive Start Award



As per the ASA Competitive Start recommendations, all swimmers are assessed (by appropriately qualified Coaches) in their racing dives from the side and the starting blocks in the deep end of the pool and cleared before progression into shallow water dives begins:

1. Swimmers are asked to perform a shallow dive, from the side of the deep end. Aiming out past the 'T', to perform a shallower dive and ensure safety.
2. Swimmers perform this numerous times, from both a track start, grab start and preparation for relay take overs ('wind up' action) before any progression to the shallow end (this passes swimmers to the final stage of the 'Preliminary Competitive Start Award'.
3. Once swimmers are deemed safe on an individual basis, swimmers move to the shallow end where the process is repeated and individual feedback given on necessary adjustments.
4. All swimmers present on dates of testing will be assessed, whether they've previously 'passed' or not and therefore swimmers receive repeated instruction on shallow water dives.
5. A record of all club swimmers eligible to perform a shallow end racing dive is kept by the coaches.
6. Prior to competition dates requiring shallow end diving (e.g. Novice Galas and some TVL rounds) the list will be reviewed by the coaches and any swimmer not deemed competent will be flagged to the team manager to ensure the swimmer takes over from the incoming swimmer in the water.
7. Any parent not wishing their swimmer to dive in from the shallow end may register their concern with the coach and the team manager will be notified that the swimmer must start in the water.

Approved by ASC committee 17/3/2016