

Bergen Barracudas Racing Starts Certification Policy

Background: Effective February 2018, USA Swimming Board of Directors modified the racing start rule, 103.2.2 (which already provides that racing starts should only be taught in at least six feet of water) to further clarify that racing starts should only be taught under the direct supervision of a USA Swimming member coach, and to expand the definition of teaching racing starts to make clear that no swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water.

USA Swimming requires that clubs must ensure that all team members are certified and that coaches understand and comply with the certification process. Failure to do so could jeopardize club and coach insurance coverage.

The certification process requires that for swimmers age 10 years and under or swimmers with less than one year of experience, the coach must certify that the swimmer has been trained according to the progression set forth on the form. For older or more experienced swimmers, the checklist requires the coach to certify appropriate skill level based on the coach's observation. The required certification is based on the coach's professional judgment and must be recorded in writing for each swimmer.

We strive to ensure the safety of our swimmers. It is the Bergen Barracudas policy that:

- a. Coaches certify all our swimmers within first two weeks of their practice in accordance to the safety guidelines.
- b. Head Coach ensures that certification records are maintained for all swimmers on the website.
- c. New swimmers joining team will be certified within two weeks of their start of practice.