



### **What do parents do at meets?**

Parents not only support their children at meets and galas but also help run them. There are numerous opportunities throughout the year where parents should consider volunteering. These include helping with coaching & officiating and when we hold our own meet, catering, fundraising & selling programs.

Timekeeping & judging are important jobs at swim meets as without officials, meets cannot run. At Garioch ASC we would like to ensure all official responsibilities are shared by all families in the club.

### **How to become a STO (SWIMMING TECHNICAL OFFICIAL)**

When your child starts competing at swim meets it is now required that a parent or family member become a technical official.

The advantages of becoming a technical official at meets are numerous; you are poolside & can watch your child swim, you are kept busy & hence time passes quickly, you too learn about your child's sport and have a better understanding of swimming & it's rules, and a huge bonus, you can be entitled to a free lunch!!

### **How to become a judge**

For those that have done a bit of timekeeping and can see that officiating at a meet is not as terrifying as it may have seemed when you first started, we'd like you to consider the next step on the ladder of swimming Technical Official. This would involve becoming a Judge 1 whose role and duties are of a Timekeeper, Chief Timekeeper and Inspector of Turns.

Parents may be reluctant to become judges as they do not wish to be responsible for disqualifying a swimmer for a technical infringement, especially the young ones as it could appear harsh or unfair. However, swimming is a competitive sport and the function of a judge is to "ensure that swimmers have an equal opportunity".

To become a judge 1 you need to attend a workshop run by SASA North District, be mentored at meets, then complete a final oral and practical examination. The workshops are held in Aberdeen & last approximately 1 ½ hours. You will learn about the rules of each stroke, turns, individual races & relays. Mentoring poolside can take between 8 to 10 meet sessions to gain sufficient poolside duties to attain the competency standards by attending all levels of meets (Mini, Graded, Open meets). NOTE: You do not need all your timekeeper signatures to go on the Judge 1 course but you do require them when starting mentoring poolside.

Please check the notice board at the pool for the next judge workshops run by SASA North District & get in touch at [officials@gasc.co.uk](mailto:officials@gasc.co.uk)

### **Dress code for a STO**

According to British Swimming all technical officials are required to wear the following uniform for all competitive swimming events:

**Men:** White open-necked short sleeved shirt, white trousers, white accessories. NOT SHORTS. White poolside shoes and white socks, if worn.

**Women:** White dress or white blouse and skirt or trousers, white poolside shoes. Always take your STO badge & license (orange timekeeper badge) when on poolside too.



### **Get in touch**

Help us meet our STO requirements at meets. Contact Victoria Cousins or Christine Cheyne at [\*\*officials@gasc.co.uk\*\*](mailto:officials@gasc.co.uk). It would be fantastic to see a team of parent volunteers as swimming technical officials within the club.