

# **FAIRFIELD COUNTY SWIMMING LEAGUE**

## **APPENDIX XXIII**

### **FCSL SAFETY GUIDE LINES**

#### **IMPORTANT**

All FCSL Clubs and Coaches with regard to racing starts will complete a Racing Start Certification for every swimmer. Effective date: May 1, 2009.

“Teaching racing starts” will include:

1. All racing start instruction until a swimmer has been certified by his or her coach as proficient in performing a racing start, and
2. All instruction, subsequent to certification, which seeks to alter a swimmer’s basic technique in performing a racing start.

**TEACHING RACING STARTS SHALL ONLY TAKE PLACE UNDER THE DIRECT SUPERVISION OF THE CLUBS SWIM COACH.**

The Certification Checklist will be available on the FCSL web site

USA Swimming Rules Reference :

Pursuant to USA Swimming Rule 504.8, the USA Swimming Board of Directors has decided to amend Rule 103.2.2 (page 43 of the 2007 Rules & Regulations) which specifically applies to teaching racing starts to provide as follows:

103.2 WATER DEPTH –

.2 /M/ Teaching Racing Starts – Minimum water depth for teaching racing starts in any setting from any height starting block or the deck shall be 6 feet (1.84 meters) measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from the end wall.

This decision has been made with the advice and consent of the Safety Education Committee, the Rules and Regulations Committee, and legal counsel. The purpose of this action is to further protect novice swimmers from accidental bottom strikes while they are learning to execute racing starts. This change is effective immediately.

# FAIRFIELD COUNTY SWIMMING LEAGUE

## APPENDIX XXIV

### FCSL SWIMSUIT RULING

Only traditional “brief” or jammer suits of any material for boys will be permitted and that only traditional “tank” style suits for girls covering the torso would be permitted.

*No one wants to be the suit police and this is SUMMER SWIMMING!*

**ALSO as of 2009,**

**New Interpretation regarding the use of more than 1 swimsuit during competition USA Swimming has *revised* the interpretation regarding the use of 2 swimsuits during competition.**

The Rules & Regulations Committee has issued an interpretation that only one suit swimsuit is allowed during competition.

A further clarification provided an exception and allowed that a second suit worn for modesty or support purposes would be allowable and would not be considered a second suit.