

Restarting NCS Clinics and On-deck Apprentice Sessions

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Initial Date: January 26, 2020

Rev 2: March 15, 2021 – Starter Guidelines update



Effective February 1st, North Carolina Swimming will restart Officials Clinics and On-deck apprenticeships. Clinics will be offered for S&T, AO, CJ, and Referee for those eligible per the NC Swimming Policy and Procedures. On-deck apprentice sessions for all position can be offered during competition at the discretion of the Meet Referee and Meet Director, per guidelines detailed below.

Clinic Guidelines

- All clinics must be approved by the Officials Chair (officialschair@ncswim.org) or Training Coordinator (trainingcoordinator@ncswim.org).
 - Clinic materials have been revised with the first half of S&T and AO clinics completed on-line. Clinicians need to insure they have access to most recent materials.

- Clinics can be held Virtually (e.g. Zoom) and In-person
 - The Clinic process for S&T and AO has been revised. The current process details can be found on SWIMNC.COM at this link:
https://swimnc.com/wp-content/uploads/2021/03/New-Clinic-Process-for-ST-and-AO-2-7-21_rev1.pdf
 - All clinic attendance will be recorded and registered via Google form, ONLY. A link to a unique, clinic-specific, attendance form will be made available to clinicians after clinic approval, and clinicians should only distribute the link to attendees at the end of their clinic. Clinic credit will only be recorded based on form entries.
 - Virtual clinics can be attended from any location in the LSC. Virtual attendees will be required to share their camera view with the clinician for the duration of the clinic.
 - In person clinics must follow social distancing requirements and guidelines of the host facility, local jurisdiction, and state of North Carolina. The planned social distancing procedures must be documented and submitted to the officials chair as part of the clinic approval process.

- Clinic attendees should have capability to complete their first apprentice session within 90 days of clinic attendances.
 - The 60-day registration, APT, BGC, and CPT completion requirement remains in place for new S&T and AO apprentices

Apprenticeship Session Guidelines

- Meet referees, working with Meet Directors, have authority to allow on-deck apprentice sessions and are responsible for insuring:
 - Facility, local jurisdiction, and North Carolina social distancing requirements are followed.
 - USA Swimming COVID guidelines are followed. Please reference: <https://swimnc.com/wp-content/uploads/2020/07/Considerations-for-Meet-Referees.pdf>
 - Apprentices and mentors are aware of COVID exposure risk associated with prolonged on-deck interactions.

 - Where occupancy limits are in-place, on-deck apprentice slots should only be filled after accommodating the participation of:
 - Athletes
 - Coaches
 - Officials
 - Timers, clerk of course, and other designated meet volunteers

 - Recommendations for Apprentice Sessions
- Stroke and Turn
- a. Mentor and apprentice must wear masks.
 - b. Mentor and apprentice should stand positioned (at least) 6ft apart while observing competition.
 - i. On turn-end: standing over adjacent lanes is recommended (per USAS guidelines – “Any on-deck training of S&T officials can be done from one lane away to keep distance”).
 - ii. On start-end: Stand on opposite sides of a starting block in assigned jurisdiction. To minimize start-end “density”; mentor and apprentice can also observe from the side/corner of the pool (similar angle to “walking stroke”), or the mentor can also work as timer during the session.
 - c. Temporary closer interactions for questions & answers and/or discussion of observations and rules should be of short duration.
 - d. Mentor should complete paperwork at end of session using their personal pen.

Admin Official

- a. Mentor and apprentice must wear masks.
- b. Consider “remote” Meet Manager options for maintain social distancing.
 - i. Set-up a second monitor to observe Meet Manager.
 - ii. Utilize Network Mode for Meet Manager with additional laptop.
 - iii. Use a Zoom Call connection live during meet for AO training.
- c. Mentor should complete paperwork at end of session using their personal pen.

Chief Judge

- a. Mentor and apprentice must wear masks.
- b. Discussions between CJ and S&Ts should be brief with as large a separation as possible for adequate communication.
- c. Radios are preferred for discussions between CJ and DR.
- d. Mentor should complete paperwork at end of session using their personal pen.

Starter

- a. First session starter sessions should only take place if, at the discretion of the mentor and meet referee, that;
 - the venue sound level and deck set-up is sufficient to allow "live real-time direction from mentor to apprentice" while maintaining COVID masking and social distancing guidelines, AND
 - the entire start area crew is comfortable with the start area COVID precautions in use for the apprentice starter.
- b. Mentor and apprentice must wear masks. Colorado, Daktronics, and Omega timing systems microphone have all been shown to have sufficient reception to allow clear audible announcements through a wide variety of COVID protective masks.
- c. Microphone sharing is not allowed without appropriate microphone sanitization between starter uses. Best practice would have 1 starter per session, or have separate individual/swappable microphones.
- d. Discussions between SR Apprentice and Mentor should be held with as large a separation as possible for adequate communication.
- e. Mentor should complete paperwork at end of session using their personal pen.

Referee

- a. Mentor and apprentice must wear masks.
 - b. Discussions between Referee Apprentice and Mentor should be held with as large a separation as possible for adequate communication.
 - c. Consider a mentor referee acting as Starter to minimize deck occupancy
 - d. Mentor should complete paperwork at end of session using their personal pen
- Additional Considerations
 - Many apprentices will be restarting on-deck sessions after a 9-month Hiatus.
 - Apprentices should be strongly encouraged to review their training materials prior to restarting on-deck sessions.
 - If an apprentice has misplaced their apprentice form, new blank forms can be provided to the apprentice. Contact the Officials Chair (officialschair@ncswim.org) or Training Coordinator (trainingcoordinator@ncswim.org) if you need a blank form.