

# Mentoring Inspector of Turns Candidates



- a) Put the candidates at ease and always talk to them and explain what is going on.
- b) Explain which lanes you are responsible for (maybe 1 or 2 or it may be all lanes).
- c) Show disqualification slips and how they should be completed. Remember that the correct terminology should be used, for example in butterfly for an underwater recovery at the finish you should write “Arms not brought forward over the water” with additional information “Underwater recovery at the finish”.
- d) Where do the Inspector of Turns duties begin and where do they end (beginning of the last arm stroke before touching until the completion of the first arm stroke after the turn or until the head breaks the surface of the water in breaststroke).
- e) Point out where the 15m mark is from your end of the pool. They often confuse it with the nearest mark i.e. the 15m mark from the other end.
- f) Explain what you are looking for on each stroke but don't try to cram everything in on one race. For example in breaststroke you may wish to explain what you are looking for as they approach and with the touch for several races, then what you are looking for as they leave the wall (including the dreaded butterfly kick).
- g) If you are at the start/finish end of the pool make sure you explain they must watch the first stroke after the start and that the finish complies with the rules for the stroke.
- h) When mentoring relay takeovers candidates the advice is that the feet should be watched until they lose contact with the starting platform after which the gaze drops to the surface of the water with an infringement called if the incoming swimmer has not touched the wall. This is not so easy when working from the sides watching several swimmers at once.
- i) As we don't use Chief Inspector of Turns at the majority of galas the mentoring of Chief Inspector of Turns should, where possible, be by a Referee or a judge that has had experience of the role. If you are asked to mentor candidates for this and you are not sure seek advice from the Referee.
- j) At the end of the session please complete their workbooks and please add comments as appropriate.