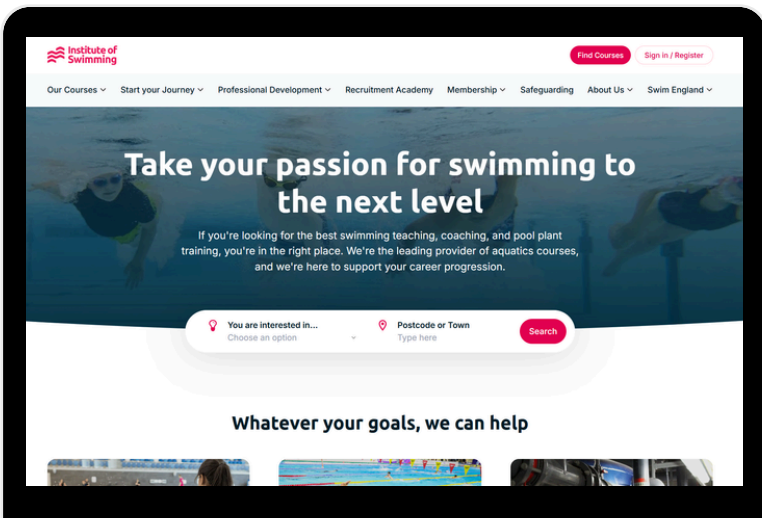




J1 Training Pathway



01. Institute of Swimming sign up

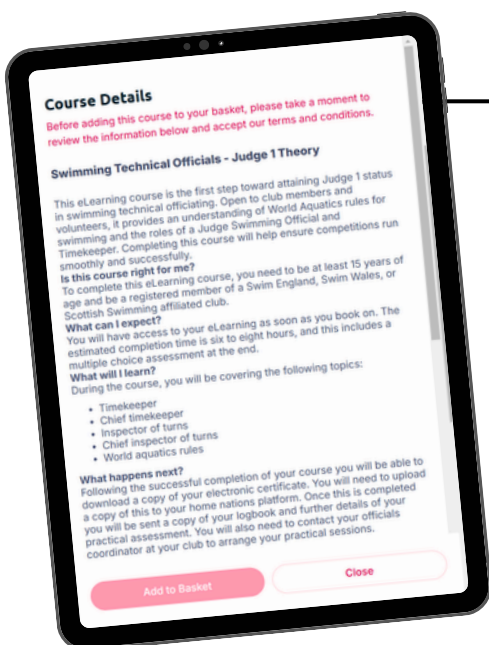
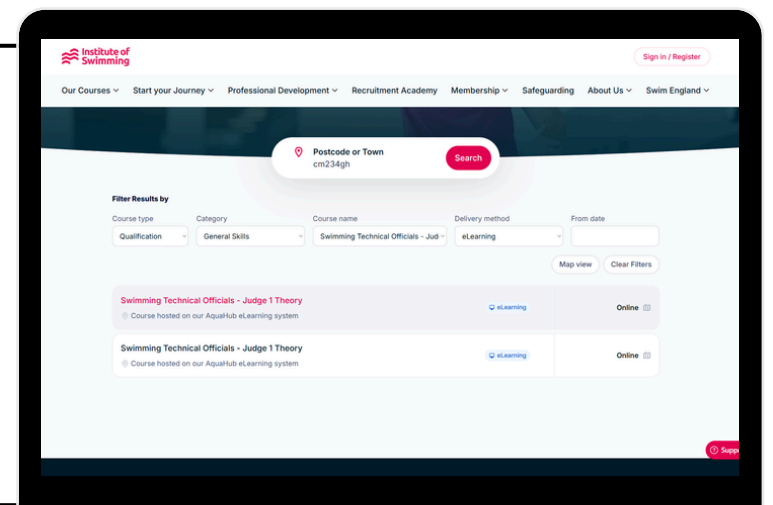
Create an Institute of Swimming account at:

<https://instituteofswimming.org/signin>

02. Book your online course: Judge 1 Theory

Under 'Search courses', select '**Swimming Technical Officials - Judge 1 Theory**'.

- £20 cost
- 6-8 hours learning, online
- Assessment at the end of the module
- One year to complete, once booked



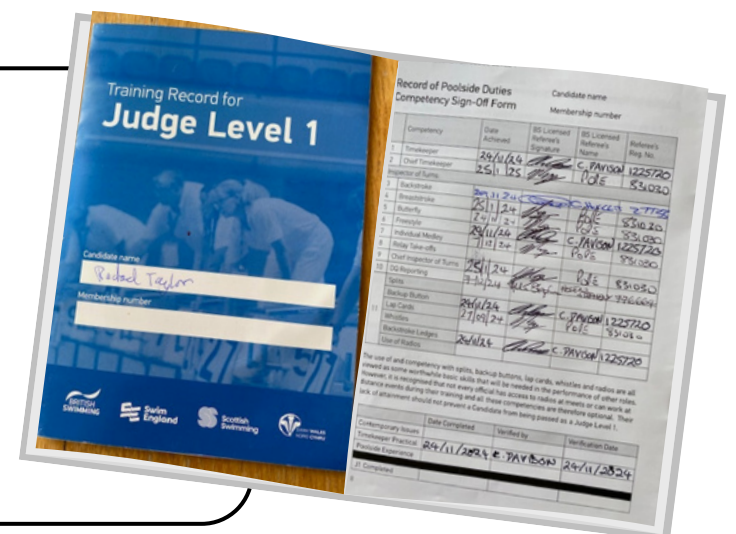
03. J1 Theory course content

The online course covers the following topics:

- Timekeeper
- Chief timekeeper
- Inspector of turns
- Chief inspector of turns
- World aquatics rules

04. Log book for practical assessment

- Following the successful completion of your course you will be able to download a copy of your electronic certificate. You'll need to upload a copy of this to your Swim England account.
- You'll then be sent a copy of your logbook and further details of your practical assessment.





J1 Training Pathway



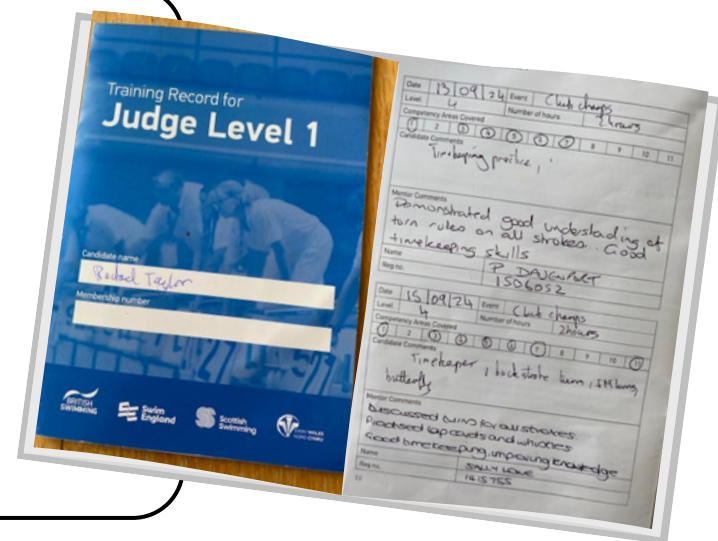
05. Contact BSSC Officials Co-ordinator

Now you're ready to start timekeeping at meets, you'll need to contact BSSC's officials coordinator at your club to arrange your practical sessions.

Claire Fields - officials@bsswimclub.org.uk

06. Mentored poolside hours

- You'll need to complete a minimum of 15 hours poolside mentoring (within 11 months) covering all strokes and relay takeovers.
- For each session, ask your mentor to add comments to your logbook about what you've done during the session.
- Get the referee to sign off which competencies you have covered during that session.
- You'll then be issued with a J1 licence which will last for four years.



07. Further qualifications

In addition to poolside hours, you'll need to:

- Complete Contemporary Issues training (2-3 hours), followed by an online test.
- Do a Timekeeper practical assessment; this is a test of how accurate your timekeeping is, and is done during a meet.

08. Ongoing mentoring and support

- At meets, you'll always be buddied up with an experienced mentor to walk you through the rules of each stroke, turn and relay take-off, as well as giving you practical tips on how to set up a backstroke ledge, the process for reporting a disqualification and how to keep track of turning lap cards.
- As you train you will become part of an immensely supportive community of volunteers and referees to help you develop your knowledge and confidence.

Helpful BSSC contacts

Claire Fields - BSSC Officials Coordinator
officials@bsswimclub.org.uk

Rachael Taylor - J1 in training and parent of Age Group Performance swimmer

Declan Dodwell - J1 in training and parent of Age Group Performance swimmer