Clinic Handouts

Handout – Starting Procedures -- POST EVENT

- Before leaving a start line, make sure all equipment has been cleared away.

- Start equipment is on the move to the next start line or at the end of the day return equipment to proper storage area for lock up.

- Hold a meeting at the end of each session or at end of each day with Start Crew and SA crew to discuss how the session / day went.

Handout – Starting Procedures -- PRE-MEET

- Find out if there are responsibilities to do a clinic and / or mentor.
- Before leaving home check you have all the necessary equipment for starting in your sport bag.
- Always be early to the track 1 ½ to 2 hours a head of the scheduled start time.
- Talk with Meet Manager / Chief Technical Delegate – are there any changes!
- Hold a meeting with Starts crew to review:
  - Commands and signals
  - Start lines and locations
  - Start and recall positions / duties
  - Gun handling procedures for starting and recalling
  - Establish Starter's stand positions for all races (diagram)
  - False start procedure. Steps.
  - Try out PA system/Boom box and FSCA.
  - Location of Call Room, washrooms, first aid / medical areas, equipment room, etc.,

Handout – Starting Procedures -- PRE-MEET(continued)

Everyone needs to be working as a team and on the same page! Talk and work with:

- Announcer
- Photo Timing Crew
- Track Referee
- Starts Referee
- False Start Control Apparatus Operator
- Chief Starter's Assistant / SA's
- Basket Crew Chief
- Equipment Crew Chief
- Media / TV

Make sure all necessary track equipment is in working order.

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Handout – Starting Procedures -- DAY OF MEET

- Make sure all start equipment and track equipment is out at the required start line. Re-check in working order.

- Hand out guns and ammo to Start crew (if applicable).

- Re-walk track each day.

- Outdoor meets **ALWAYS** keep an eye on the weather! The Starter is the one holding the gun and transducer.

- Watch warm ups for 'acts of delay', improper start techniques, poor fair play or improper conduct tactics.

- At any time during the command sequence, if concentration is broken, ask competitors to 'Stand up'. Reassemble.

- Listen for sounds / look for muscle spasms / twitches and distractions in starting area.

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Handout – Starting Procedures -- PRE EVENT CHECKLIST

Re-check equipment:
- Gun is loaded
- Ear protection in BOTH ears
- Green arm band on
- Red sleeve is on gun wrist arm
- Starter's stand in correct position
- Test PA system/Boom Box sound level
- Transducer light is on and do a test
- FSCA and operator is ready
- Wind gauge and operator is ready
- Recall starters are at their assigned positions with guns

- Concentrate on commands and tone of voice.

- Watch runners warming up.

- Watch Chief SA is doing job! Checking competitors in- bib #, lane, heat, runners properly attired, close down track, communicate with TR and Photo timing, Wind gauge is operated, Announcer has done introductions, competitors on assembly line, basket crew moved out.

- Know where Chief SA will be standing to hand race over.

- **Ultimately Starter is responsible for ascertaining that all is ready!**

Handout – Starting Procedures -- EVENT CHECKLIST

- Know location where Chief SA will hand over race.
- Watch for signal from Chief SA to hand race over.
- Wait for complete silence and no movement around start area and **ALL** competitors are attentive.
- Command(s) are given in a calm, monotone voice. Give a 'reasonable time' for competitors to get comfortable and ready - blocks 20-25 seconds; without blocks 3 -5 seconds.
- Watch for signal from Chief SA all is ready for next command. Focus on assigned lanes.
- Raise gun overhead and give the command.
- Fire the gun only if all competitors are motionless.
- IAAF Rule: All athletes shall at once and without delay assume their full and final set position.
- Movement must be **AFTER** the report of the gun –early movement, Starter / Recaller Starter(s) fire a second shot for a false start.