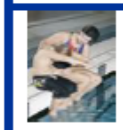
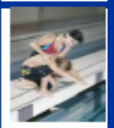
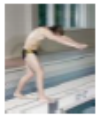
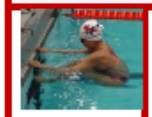
RACING STARTS CERTIFICATION CHECKLIST

		FORWARD Racing Start Certification						BACKSTROKE Racing Start Certification			
								NO LEDGE		WITH LEDGE	
		1	2	3	4	5					
											
Name	Age	Sitting	Kneeling	Compact	Stride	Shallow Start	Date Completed	Water Level Or Bar Grip	Date Completed	Water Level Or Bar Grip	Date Completed
		☐	☐	☐	☐	☐		☐		☐	
		☐	☐	☐	☐	☐		☐		☐	
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		☐	☐	☐	☐	☐		☐		☐	
Based on personal observation, it is the professional judgment of the Coach that the swimmers identified above are capable of performing a shallow racing start on demand and can safely perform a racing start in four feet of water. PRINT AND SIGN FOR EACH SKILL						Print: Sign:		Print: Sign:		Print: Sign:	