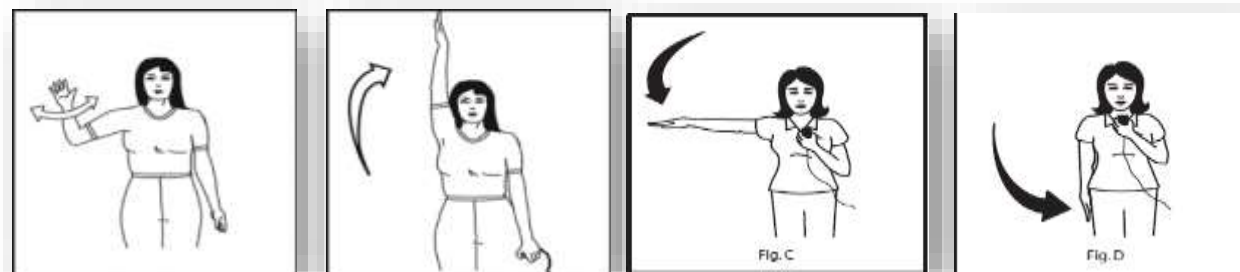


- ***Starting protocol for hearing impaired or deaf swimmers (taken from USA Swimming Rule Book)***



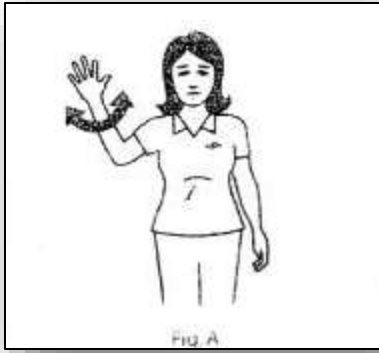
1. Twist hand at chin level – short whistles
2. Arm overhead – long whistle, swimmer steps onto starting block
3. Arm moves to shoulder level – signal to “Take Your Marks”
4. Arm moves to side of body – starting signal



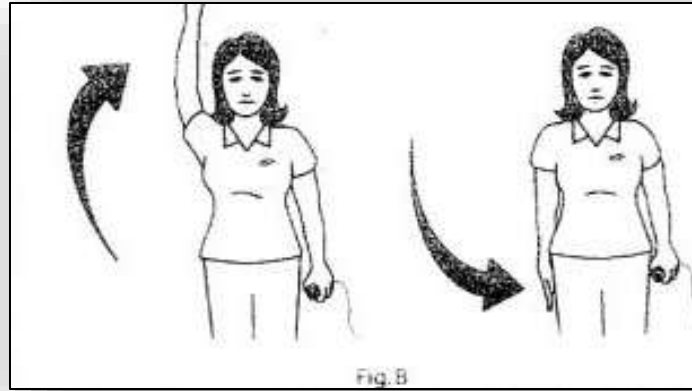
- Arm raised overhead with palm up (at any time after “Take Your Marks” and prior to starting signal) – swimmer released from “Take Your Marks” command

Forward start

Backstroke start



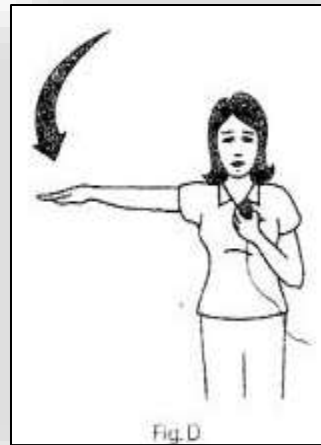
Twist hand at short whistles



**Arm overhead-swimmer enters water:
drop arm to side while swimmer enters water
(1st long whistle)**



**Arm overhead-swimmer
returns to backstroke
start position
(2nd long whistle)**



**Arm moves to shoulder level
-Signal to "Take your marks".**



**Arm moves to side of
body-starting signal**

Backstroke start



Arm overhead-swimmer with palm up (any time after “Take Your Marks” and prior to starting signal) – swimmer released from “Take Your Marks” command