



# FALSE START SUPPORT ASSISTANT

## **DESCRIPTION**

- One (1) parent is required for support of Event Heat False Starts.

## **REQUIREMENTS**

- Two (2) FALSE START SUPPORT ASSISTANTS, one (1) per each half Meet, are required for all Meets in a Dual Meet.
- The FALSE START SUPPORT ASSISTANT will ensure a clear, unobstructed view of the swimming lanes at all times.

## **DUTIES**

- The FALSE START SUPPORT ASSISTANT begins each Event and Heat by signaling the STARTER that they are ready.
- The FALSE START SUPPORT ASSISTANT drops the False Start Rope upon the False Start signal from the STARTER.

## **PRE-MEET**

- The FALSE START SUPPORT ASSISTANT will arrive early to help string the False Start Rope in place.

## **DURING MEET**

- The FALSE START SUPPORT ASSISTANT will drop the False Start Rope upon signal, either a series of blasts on the whistle or tone generator, from the STARTER to stop any Swimmer(s) who do not hear the False Start Signal.
- The FALSE START SUPPORT ASSISTANT will re-set the False Start Rope upon all Swimmer(s) stopping their forward movement and returning to the Starting Blocks.

## **END-MEET**

- The FALSE START SUPPORT ASSISTANT help take down the False Start Rope returning it to its proper storage place.