



BACKSTROKE LEDGE INFORMATION SHEET

BACKSTROKE LEDGES

Note: *The use of Backstroke Ledges by a swimmer is not compulsory. If the ledge is not required by a swimmer, they should request the Inspector of Turns (IOT) appointed to that lane to remove the ledge from the water. The swimmer should not attempt to remove the ledge.*

Prior to the Start

- The IOT shall install the ledge and adjust the setting to '0' (0 corresponds to water level).
- Once the backstroke ledge has been installed, the kicker plate should be adjusted and locked into position 3.
- The swimmer may choose to change the setting level of the ledge for their start. They should make the adjustment themselves however may request assistance from the IOT.
- On the first whistle, the IOT should stand and move forward on the deck behind the blocks. On the second whistle, the IOT should step up and move forward to observe that at least one toe from each foot is in contact with the wall or face of the touchpad. The IOT may need to request the swimmer to adjust the position of their toes. Once the swimmers' toes are correctly positioned, the IOT should step back level with the back of the block but remain standing until after the starting signal is given. The check for the position of the toes must be actioned quickly and should not unduly delay the start.
- All IOT's should stand and move forward at the start of each race as above regardless of whether the swimmer in their lane uses a backstroke ledge or not.

After the Start during heats

- After the start of each heat, the IOT should step forward and remove the ledge from the water. To remove the ledge from the water and ensure the straps do not become twisted, it is recommended that the ledge is removed from the water by standing behind the starting block and placing each hand under the straps on each side. Either lift the ledge onto the top of the block behind the kicker plate until the next start or lift and carefully slide the ledge into position under the front of the block (below the backstroke grips).



- Prior to the start of the next heat place the backstroke ledge back into the water check the setting is returned to '0'.
- After the start of the final heat of a backstroke event, remove the ledge from the starting block and carefully roll the device back to its original position without twisting the straps.

THANK YOU FOR VOLUNTEERING