



Potomac Valley Swimming Update – Friday, February 26, 2021

Required Athlete Protection Training for Adult Athletes - USA Swimming requires all athletes 18 years and older to complete yearly Athlete Protection Training (APT) in order to maintain their membership status. This requirement must be completed with 30 days of the athlete's 18th birthday. Failure to complete this training when required means the athlete is no longer registered with USA Swimming, so please make sure it is completed.

What Do All Those Referee Whistles Mean? - The referee, per USA Swimming Rule 101.1.2, uses whistle commands to direct the swimmers to the start of their race.

A series of short whistles (chirps) directs the athletes to prepare for the start by removing their masks and all clothing except for swimwear. After these chirps, the starter or the announcer will announce the event and/or the heat number. At this time, the athletes should also make sure their goggles and swim caps are in place and ready to go.

The referee then blows a long whistle to direct the athletes onto the starting platforms. If it is a backstroke event, this whistle directs the athletes to enter the water after which a second long whistle will direct them to take their starting positions.

To read more about this rule and other USA Swimming rules, download the [USA Swimming Rulebook](#) or purchase a copy at [SwimOutlet.com](#).

Stay safe! Stay healthy! Socially Distance! Wash your hands frequently! And, wear your mask!

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Potomac Valley Swimming Mission Statement

PVS supports and promotes excellence for all through competition, education, inclusion, and leadership in a safe, equitable environment.