

-----THOSE LOUD WHISTLES!-----

POTOMAC VALLEY SWIMMING

NOVEMBER 2016



OFFICIALS NEWSLETTER

-----“WE ARRE MENTORS WORKSHOP” RECAP -----

POTOMAC VALLEY SWIMMING MISSION STATEMENT

Potomac Valley Swimming (PVS) shall promote swimming and foster equal access for competitive opportunities for the benefit of swimmers of all ages and abilities, in accordance with the standards, rules, regulations, policies and procedures of the Federation Internationanale de Natation (FINA), USA Swimming (USA-S) and PVS and its Articles of Incorporation. The objectives and primary purpose of PVS shall be the education and assurance of instruction and training of individuals to develop and improve their capabilities in the sport of swimming.



From the Chairman
PVS Officials Committee Chair Tim Husson



Mentoring is the theme this month. A report from the two PVS officials that attended a USA Swimming Mentoring Workshop last month is below. That is followed up with an article about how we all can do more mentoring within PVS.

There is also an article about whistles. We've all experienced a referee's whistle that seems too loud for the venue. We have been trying to train our referees that using a whistle meant for outdoor use inside an enclosed pool is not a good idea. To me, the research referenced is interesting.

I hope to see you at one of the meets soon. Email me your comments and questions anytime.

Tim Husson
OfficialsChair@pvs swim.org

"We ARRE Mentors Workshop" Summary

By: Steed Edwards and Ellen Colket



To our avid readers, you can breathe a sigh of relief as we can assure you we do not have a spelling error in the title - let us explain. A couple of weeks ago, we, along with about 85 officials from LSC's around the country, attended a USA Swimming (USA-S) sponsored weekend workshop in Chicago titled "**We ARRE Mentors**". The acronym **ARRE** stands for Appreciation, Recognition, Respect and Encouragement. The primary purpose of the workshop was to present and discuss the critical role officials, serving as mentors, play in improving the level of officiating within USA swimming.

Our workshop leaders were Melissa Hellervik-Bing, USA-S Officials' Committee Member and event organizer, Matt Farrell, Chief Marketing Officer of USA-S, Jim Holcomb, USA-S Officials' Committee Chair, and Dan McAllen, USA-S Vice President, Program Operations.

The workshop addressed the following topics:

1. **Marketing & Recruitment**
2. **Mentors and Evaluators** - who we need to be and skills to possess to be successful!
3. **Retention, Education & Advancement**
4. **Urban Legends** - we now have the facts!

This month's article will provide a broad overview of the workshop and introduce the above topics. We will then follow-up in future newsletters with further details on each topic as well as plans for improving our Mentoring Program within PVS.

The workshop began with Matt Farrell leading an out of the box discussion and thinking regarding **marketing** and **recruiting/attracting** officials. Matt dove head first (*sorry for the pun*) into the story of Uber's successes and how they epitomize disruption - changing the way we think about "grabbing a ride", creating a brand new experience for consumers and changing the "logistical fabric of cities". We could see others in the workshop re-adjusting themselves on their chairs as they too were thinking, "Uber and USA-S, drivers and officials, what could be similar between these two industries?" It was then that we could see this was going to be an engaging and thought-provoking workshop. Intrigued? Well, stay tuned for details in our next month's article and look for our hashtag [#Officially Awesome](#).

The next segment of the workshop dealt with the term **Mentoring** and a discussion of what makes a successful **Mentor** as well as a successful **Evaluator**. **Mentoring** can be both formal and informal and most importantly, it's a relationship-based partnership always involving communication between two individuals - one with more experience and knowledge working with another who wants to learn and

develop. There is no difference in the skills or expectations of Evaluators and Mentors when talking about how to fulfill the role of a mentor. What's important to know is that successful mentoring is about being supportive, positive, instructive and encouraging so as to help other officials learn. There are specific attitudes, behaviors, and suggestions for working with mentees as well as core words mentors should always consider using. There is much more to follow on this subject, so stay tuned for future newsletter articles.

Next, we moved on to discussing **Retention, Education and Advancement** of Officials. We had opportunities to learn new ways to stimulate, grow and advance our officials community as well as explore tips and best practices for Evaluators facilitating the education and advancement of officials. It was clear throughout our discussions that the foundation for successfully retaining, educating and advancing individuals must be well paved with appreciation, respect, recognition and encouragement for one another. More details will be provided in an upcoming newsletter.

Lastly, we laughed and talked about the ever classic officiating **Myths and Legends**. You know, those practices on deck that have been passed down from person-to-person and yet no one really knows how or why they have become the "law of the land"! They at times have some element of truth but mostly "mythical qualities"! Yes, we had real examples and will be sharing those with you - in a future newsletter.

We appreciate having the opportunity to represent PVS at this valuable **We ARRE Mentors workshop** and hope to have given you a glimpse into our sessions. We look forward to sharing more details in the next few newsletters and communicating a plan for improving the mentoring we do within the Officials community of PVS in the not too distant future

The Professional Volunteers
by Tim Husson



After reading the above article, I started thinking about officials' training and mentoring. Unlike most other sports, swimming uses volunteer officials. That does not mean that we are less professional than officials in other sports, but our approach to education and mentoring is different. But, how is it different?

When I was a soccer and basketball official, there was training involved and knowing the rules was important. But, in those sports, a set number of officials is assigned to a particular game. Initially, you are assigned to lower-level or lower age group games. As you gain experience and demonstrate competence, you get assigned to higher-level games.

The difference in swimming is that, for the most part, we aren't assigned to meets.

We volunteer for any meet within the LSC no matter what level. A meet may have a lot of officials or fewer officials. The experience level of a meet's officials may span from first-time apprentices to officials with 25 years of service who've experienced national meets.

This mix of experience levels at swim meets provides great opportunities for mentoring. Mentoring is teaching, guiding and coaching those with less experience with you. Whether you've been an official for twenty years or one year, there is probably someone at the meet that has less experience and would appreciate your guidance. We should never forget what it was like when we stepped onto the deck as an apprentice official for the first time and maybe didn't know any of the other officials. Mentoring can include little things such as telling the new official where they can store their bag during the meet, where hospitality is located, or introducing yourself and some of the other experienced officials around you.

Making the new officials comfortable in the group is just as important as teaching them the rules and procedures of the meet. We want them to come back and enjoy what we enjoy doing, which is, helping run swim meets. So, as we encounter new officials at our meets this fall, let's welcome them to our officiating community and help them become the best officials they can become. And, let's encourage and help train those officials trying for a new certification.

Mentoring others helps us reflect on the job and become better officials ourselves. And remember, if you've never made a mistake as an official, you haven't been doing it long enough. The mistakes we make are learning opportunities both for us and those officials around us.

Whistle Blowing Can Damage Hearing

reprinted from hear-it.org



Below is an article on whistle blowing and how it can damage hearing. There is also a chart of some of the pea-less whistles that are used by officials. It is interesting to see the decibel levels of each whistle. Note the comments below the whistles. Next month we will discuss whistle etiquette.

Whistle Blowing Can Damage Hearing

Frequent exposure to whistle blowing could lead to hearing loss.

A single whistle blow ranges from 104 to 116 decibels and can severely harm hearing, according to research carried out by Professor Greg Flamme at the Western Michigan University.

36 times the maximum daily noise dose

Flamme discovered the link between whistle blowing and hearing loss by testing the noise levels one of his doctoral students was exposed to while refereeing at a basketball game.

“We wound up having him wear a portable noise dosimeter, which measures how much noise you've been exposed to, while he was at a basketball game doing sports officiating,” Flamme said.

He further added: as it turns out he was exposed to nearly 36 times the maximum daily dose in that one game.

Repeated exposure harmful

According to University of Windsor professor and acoustics specialist Colin Novak, continuous exposure to whistle blows will have a long term impact on a person's hearing.

“I can definitely see the link that they have found there. Whistle noise typically has a sound pressure level of about 105 to 115 decibels”, Novak stated. “A couple of whistle blows won't do it but being repeatedly exposed to that level will cause various types of hearing impairments.”

Different whistles, same result

Flamme and his research group also measured the sound outputs of different whistle types and concluded that only one of the tested models could be considered acceptable for human hearing.

In contrast, all the other whistles, blowing anywhere between six and 90 seconds in length, were regarded as potentially dangerous for human hearing.

See this article online at:

<http://www.hear-it.org/whistle-blowing-can-damage-hearing>

Source:updatednews.ca

Dr. Flamme's complete research can be found at:

<http://www.tandfonline.com/doi/abs/10.1080/15459624.2012.736340>

REFSWORLD
WHISTLE COMPARISON
 Recorded with decibel monitor device at 2 meters from whistle.

Fox 40 Caul 113.4 dB	Acme 888 116.9 dB	Eclipse 118.7 dB	Fox Sharx 123.2 dB	Fox Mini 123.5 dB	Fox Classic 124.3 dB	Acme T2000 126.8 dB	Fox Blast 127.3 dB	Valkeen 127.6 dB
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Level at which sustained exposure may result in hearing loss 90 - 95dB
 Hand Drill 98dB, Power mower at 3' 107dB, Snowmobile, Motorcycle 100dB, Power saw at 3' 110dB, Sandblasting, Loud Rock Concert 115dB
 Pain begins 125dB, Pneumatic riveter at 4' 125dB
 Even short term exposure can cause permanent damage - Loudest recommended exposure WITH hearing protection 140dB
 Jet engine at 100' 140dB, 12 Gauge Shotgun Blast 165dB

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Upcoming Clinics



Date	Clinic	Location	Time
Computer-Based Training	Timing System Operator	Register for this clinic	Any time
Saturday November 19	Starter	Oak Marr	8:00 - 10:00 AM
Saturday November 19	Stroke and Turn	Oak Marr	10:15 AM - 12:45 PM
Saturday November 19	Administrative Official	Univ. of MD	7:00 - 9:00 PM

You Make the Call!



A swimmer finished the backstroke turn correctly and then as she left the wall and before she could get to her back, she fixed her goggles so they wouldn't be resting on her nose. She was disqualified because she was not at or past vertical toward the back when she left the wall.

Question: Was the disqualification correct?

You Make the Call Resolution



Recommended Resolution: Yes, she should have been disqualified because she didn't return to a position on the back by the time she left the wall.

Applicable Rule: 101.4.3

Upcoming Meets



****Click on the Upcoming Meets Banner to see the latest Information*

NOVEMBER		DECEMBER	
Date	Meet	Date	Meet
5-6	DPR Fall Distance Meet (DCPR)	1-4	Turkey Claus Showdown (MACH)
6	November Friendship Mini Meet (YORK)	2-4	Christmas Championships (MSSC)
6	Rock Hopper Penguin Fall (PAC)	3-4	MAKO Holiday Invitational (MAKO)
11-13	PVS November Open (PVS)	3-4	Reindeer Mini Meet (YORK)
12-13	Autumn Mini (RMSC)	7-10	Speedo Winter Junior Nationals
12-13	500/1000 Distance Meet (RMSC)	8-11	Sport Fair Winter Classic (PM)
18-20	Swim & Rock (SDS)	8-11	NCAP Invitational (NCAP)
18-20	RMSC November Invitational (RMSC)	8-11	Holiday Invitational (RMSC)
19-20	Odd Ball Challenge (FAST)	11	Frozen Five Mini Meet (MACH)
19-20	Speedo Eastern States Senior Circuit #2 (OCCS)	17	Candy Cane Mini Meet (NCAP)
19	Pre-Holiday Mini Meet (OCCS)	17	Splash and Dash (FAST)
20	Pilgrim Mini Meet (NCAP)		
30-3	AT&T Winter National Championships (USA Swimming) - Atlanta, GA		



BENEFIT OF THE DOUBT GOES TO THE SWIMMER!

Call what you see and see what you call



