

RSA Training Guide

Speed Commissions **#1 through #2**

Effective 11/01/2013

An exclusive program of the Roller Skating Association

**RSA Achievement Test Judge
Speed #1 Commission Study Guide
to officiate #1 through #4 Speed Tests**

Requirements to take a commission test

- Candidate must be at least 15 years of age
- Candidate must have passed #2 Speed Test or be 21 years or older
- Candidate must be willing to commit the time to attend all training sessions and to study assigned material

Supplies needed

- Current edition of the RSA Speed Manual
- Current edition of the RSA Achievement Test Book
- Notebook: 3 ring for 8 ½" by 11" sized pages

General information about Training Sessions

- To be eligible for the #1 Speed Commission, the candidate must be present for each training session and complete all work assignments satisfactorily
- Each meeting consists of discussions about speed skating and judging tests, reviewing questions from prior meetings and short quizzes.
- Home work assignments are to be completed by candidates between sessions
- The Panel Trainer may need to charge a fee to cover the cost of printed materials used during training sessions
- Upon completion of training, the candidate's performance in sessions, basic knowledge, mock judging results and quizzes will be reviewed and evaluated by the Panel Trainer, Panel Chairperson and Panel Advisor
- Given all agree the candidate is qualified, the application for the #1 RSA Commission will be given to the candidate
- Given the candidate is not qualified, it will be recommended the candidate take additional time to study and repeat training sessions at a future date

The #1 RSA Speed Commission Test is a supervised closed book exam. Grading of the exam is done at the RSA National Office.

**RSA TRAINING GUIDE
#1 Speed Commission**

Session One

Topics to be covered include:

Purpose of speed tests

Roundtable discussion of speed terms (glossary)

How tests are conducted

Test Centers

- Location
- Order of skating tests
- Number of officials required
- Age verification of skaters

Discussion of speed tests and requirements

- Total number of tests
- Track sizes
- Track equipment
- Equipment requirements
 - Helmets
 - Skates
 - Uniforms
 - Personal safety of skaters

Quiz taken

Assignment for the next training session:

Study test center officials and their duties as listed in the RSA Speed Manual

Review speed skating terms (glossary)

Study

- Age determination
- Distance
- Track requirements
- Requirements for tests #1-#4

RSA TRAINING GUIDE
#1 Speed Commission Training Quiz – Session One

Name: _____

1. Why would a skater want to take a speed test?
2. Where may test centers be held?
3. May a skater choose the type of skate to wear for the test?
4. Will the choice of an inline skate have any effect on the passing time for the test? Please explain your answer.
5. Are the times different for men and women in speed tests?
6. Speed tests covered by this commission may be give on an office track of _____, _____, _____, and _____ meters
7. What makes a speed track "official"?
8. What are the uniform requirements for tests?
9. How is the age of the skater determined?
10. What do each of the following terms mean regarding speed skating?
 - Start
 - Corner Marker
 - Starter

RSA TRAINING GUIDE #1 Speed Commission

Session Two

Topics to be covered include:

Review quiz from Training Session #1

Review speed skating terms (glossary)

Discuss responsibilities of Judges and speed test officials

- RSA Judges must have thorough knowledge of the tests to be judged and must conduct themselves professionally at all times
- Judges will evaluate each skater objectively based upon the requirements of each test
- RSA Judges can advise a skater of his/her time or discuss his/her performance only after the test is completed and scored (only upon request of the skater)
- No test official may discuss or release the times or results of tests to anyone other than the skater who skated the test
- Test officials cannot discuss or release comparative standings or scores of test skaters
- Achievement Tests are neither comparative nor competitive

Discuss proper conduct for test Judges

- Command respect
- Exercise care in speech (never use profane nor argumentative language)
- When asked to comment on a skater's performance, be diplomatic
- Dress properly for the occasion

Neat, professional appearance conveys

- The importance of the tests to skaters and spectators
- You take your role of judging seriously
- And puts you in a proper frame of mind to judge

Panel Chair discusses proper dress code for all panel members

Tactfulness

- Treat skaters, coaches and rink staff with courtesy and respect
- Never make comments about a skater's ability or lack of ability
- Never damage the reputation of another test official as this lowers the esteem of all officials in general

Objectivity

- Never show favoritism, collusion or prejudgment of a skater
- Don't be influenced by the skater's reputation, equipment, coach or rink
- Don't exaggerate the importance of "pet peeve" faults

- While you may have to re-evaluate your measure of perfection don't compromise your integrity

Willingness

- Show enthusiasm, but balance it with patience
- Always be ready to judge at least 30 minutes prior to the scheduled time for tests to begin
- Notify the rink if you will be late or unable to attend
- Devote sufficient time to the exercise of judging, continue your education
- Be available to judge test centers

Timing

- Be certain you understand how to accurately operate and read the timer you will be using during the test center
- Upon completion of the distance, stop you watch when the skater crosses the finish line, report the time to the referee immediately and sign your judge score sheet
- Turn in all score sheets before talking with anyone, especially another timer
- When judging, hold your clipboard so your scores are not visible to others

Discuss duties the following speed test center officials:

- Referee
- Timers
- Test Center Director

Quiz Taken

Assignment for the next training session:

Review duties of all test center officials

Study procedures for conducting speed achievement tests

RSA TRAINING GUIDE
#1 Speed Commission Training Quiz - Session Two

Name: _____

Please indicate if the following statements are true or false:

1. True False A speed test official may test a relative
2. True False A speed test official may test a former competition or test partner after 3 years
3. True False A commission "A" USARS official may officiate at any test center
4. True False Any person who acts as a test center Referee must be a RSA Judge holding the required commissions for the test being taken
5. Explain the proper method of timing a test and how to determine the official time for the test.

6. What are the duties and responsibilities of a test referee (list a minimum of 9)?

7. Who is responsible to verify the skater's age and when?

8. How many skaters may take a test at on time?

9. Will more than one skater change the number of officials needed for the test? Explain

**RSA TRAINING GUIDE
#1 Speed Commission**

Session Three

Topics to be covered include:

Review quiz from Session #2

Discuss how to complete RSA Achievement Test Forms for Speed Tests

Discuss procedures to conduct Speed Test Centers

- Skater Check In
- Starting the skater
- Skating of the test
- Fouls
- Broken skates
- Illness

Review requirements for the Speed Tests #1-#4 and how to determine the time the skater must obtain to pass each test

Assignment for the next training session:

Study all material to prepare for the panel final exam

**RSA Achievement Test Judge
Speed #2 Commission Study Guide
to officiate #5 through #8 Speed Tests**

Requirements to take a commission test

- Candidate must be at least 16 years of age
- Candidate must have passed #2 Speed Test or be 21 years or older
- Candidate must be willing to commit the time to attend all training sessions and to study assigned material
- Must hold a valid #1 Speed Commission

Supplies needed

- Current edition of the RSA Speed Manual
- Current edition of the RSA Achievement Test Book
- Notebook: 3 ring for 8 ½" by 11" sized pages

General information about Training Sessions

- To be eligible for the #2 Speed Commission, the candidate must be present for each training session and complete all work assignments satisfactorily
- Each meeting consists of discussions about speed skating and judging tests, reviewing questions from prior meetings and short quizzes.
- Home work assignments are to be completed by candidates between sessions
- The Panel Trainer may need to charge a fee to cover the cost of printed materials used during training sessions
- Upon completion of training, the candidate's performance in sessions, basic knowledge, mock judging results and quizzes will be reviewed and evaluated by the Panel Trainer, Panel Chairperson and Panel Advisor
- Given all agree the candidate is qualified, the application for the #1 RSA Commission will be given to the candidate
- Given the candidate is not qualified, it will be recommended the candidate take additional time to study and repeat training sessions at a future date

The #2 RSA Speed Commission Test is a supervised closed book exam. Grading of the exam is done at the RSA National Office.

RSA TRAINING GUIDE
#2 Speed Commission

Session One

Topics to be covered include:

Roundtable discussion of speed terms (glossary)

Discuss responsibilities of Judges and Speed test officials

- RSA Judges must have thorough knowledge of the tests to be judged and must conduct themselves professionally at all times
- Judges will evaluate each skater objectively based upon the requirements of each test
- RSA Judges can advise a skater of his or her time or discuss his or her performance only after the test is completed and scored (only upon request of the skater)
- No test official may discuss or release the times or results of tests to anyone other than the skater who skated the test
- Test officials cannot discuss or release comparative standings or scores of test skaters
- Achievement Tests are neither comparative nor competitive

Discuss proper conduct for test Judges

- Command respect
- Exercise care in speech (never use profane nor argumentative language)
- When asked to comment on a skater's performance, be diplomatic
- Dress properly for the occasion

Neat, professional appearance conveys

- The importance of the tests to skaters and spectators
- You take your role of judging seriously
- Puts you in a proper frame of mind to judge

Panel Chair discusses proper dress code for all panel members

Tactfulness

- Treat skaters, coaches and rink staff with courtesy and respect
- Never make comments about a skater's ability or lack of ability
- Never damage the reputation of another test official as this lowers the esteem of all officials in general

Objectivity

- Never show favoritism, collusion or prejudgment of a skater
- Don't be influenced by the skater's reputation, equipment, coach or rink
- Don't exaggerate the importance of "pet peeve" faults

- While you may have to re-evaluate your measure of perfection don't compromise your integrity

Review how tests are conducted

Test Centers

- Location
- Order of skating tests
- Number of officials required
- Age verification of skaters

Discussion of speed tests and requirements

- Total number of tests
- Track sizes for tests #5-#8
- Track equipment
- Equipment requirements
 - Helmets
 - Skates
 - Uniforms
 - Personal safety of skaters

Quiz taken

Assignment for the next training session:

Study test center officials and their duties as listed in the RSA Speed Manual

Review speed skating terms (glossary)

Study

- Age determination
- Distance
- Track requirements
- Requirements for tests #5-#8

RSA TRAINING GUIDE
#2 Speed Commission Training Quiz – Session One

Name: _____

1. What are the officials needed to judge tests #5-#8? What are their qualifications?
2. If several skaters want to test at the same time may they do so?
Yes _____ No _____

As a Referee, how do you handle this?
3. May the tests covered by a #2 commission be given on any size track?
Explain your answer.
4. As a RSA Judge, where can you judge tests?
5. What track equipment is need to give tests covered by the #2 commission?
6. What are the uniform and safety equipment required for each skater?
7. What would be your decision as a Referee is a skater does not have valid proof of age for a #5 test?
8. What would you wear to a test center as a Referee?
9. What difference does it make if a skater wears an inline or a quad skate for the #7 speed test?
10. Who can time a #7 speed test? How many timers are required?

**RSA TRAINING GUIDE
#2 Speed Commission**

Session Two

Topics to be covered include:

Review quiz from Training Session #1

Review speed skating terms (glossary)

Discuss responsibilities of Judges and Speed Test Officials for tests #6-#7 for

- Referee
- Timers
- Test Center Director

Review all test center forms and how to complete them accurately

Quiz Taken

Assignment for the next training session:

Review duties of all test center officials

Study procedures for conducting speed achievement tests

Study special requirements to conduct Gold Medal Test Centers

RSA TRAINING GUIDE
#2 Speed Commission Training Quiz – Session Two

Name: _____

1. A “foul” is called by the _____.
2. The _____ tells the skater a “foul” has occurred.
3. Where are the start and finish lines on an official speed track for tests #5-#8?
4. What type of watch is used to time speed tests?
5. How do you measure a track?
6. Can a skater from any part of the country take a speed test at a Test Center your home rink hosts? Explain. Does this impact any paper work sent to the RSA National Office?
7. Are test center officials required to sign in at the test center? Explain your answer.
8. What are the duties of the Referee at a test center when the highest test skated is #7?
9. What forms are sent to the RSA National Office and who is accountable for the accuracy of the forms?

**RSA TRAINING GUIDE
#2 Speed Commission**

Session Three

Topics to be covered include:

Review quiz from Session #2

Discuss procedures to complete a Gold Medal Test Center

- Procedure to set up and apply for the Gold Medal Test Center
- Proper timing and notices sent to regional rinks
- Special instructions for Gold Medal Test Centers
- How to complete Gold Medal Test Center paperwork

Discuss procedures to conduct Speed Test Centers

- Skater Check In
- Starting the skater
- Skating of the test
- Fouls
- Broken skates
- Illness
- Verifying the skater's age and when this is done

Assignment for the next training session:

Study all material to prepare for the panel final exam