

# IOT LEARNING LOG

Take this learning log with you to all meets. Use it to record your experiences and bring it to your assessment conversation. After a meet or session ask your trainer/referee write their name, the date and tick off any skills you completed.

Note: You do not need to have completed all skills to be eligible for assessment.

Meet name					
Meet type					
Trainer/Referee name & date					
IOT a freestyle race					
IOT a backstroke race					
IOT a breaststroke race					
IOT a butterfly race					
IOT an individual medley race					
IOT a relay					
IOT from the start end					
IOT from the turn end					
Operate a back up timing button					
Complete a disqualification form					
Use backstroke ledges					
Use lap counters at the turn end					

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