

GCSL 2025 Stroke and Turn Officials Training

- Step 1 - Watch the 3 training videos at the links below in the order they are listed. These files have video content, so we recommend watching them when you have access to WIFI. If at any time they pause or stop playing, simply hit play again and it should be fine. The total time of the 3 videos is about one hour and 45 minutes.
- Step 2 - Once you have watched all the videos then click on the Stroke and Turn test link below. This will take you to the 20-question quiz where you must receive a passing grade of 80% or higher. Every quiz is different with random questions and answers. Once you pass the quiz your information will be stored, and we will update our database with your certification date. Stroke and Turn certification will be good for 3 years.
- Stroke and Turn Training Videos
 - i. Stroke and Turn Part 1 – General Training
[2025 GCSL Stroke and Turn Training Part 1](#)
 - ii. Stroke and Turn Part 2 – Freestyle, Backstroke & Butterfly
[2025 GCSL Stroke and Turn Training Part 2](#)
 - iii. Stroke and Turn Part 3 – Breaststroke, Individual Medley and Relays
[2025 GCSL Stroke and Turn Training Part 3](#)
- Stroke and Turn Test
 - i. Go to the link below to take the quiz.
[2025 GCSL Stroke and Turn Quiz](#)