



FACILITATOR NOTES
UPPER HIGH SCHOOL
DIVE START INDUCTION PROGRAM

AQUATIC GUIDELINES

SAFE WATER ENTRY FOR COMPETITIONS – COMPETITIVE DIVE STARTS

FACILITATOR NOTES – UPPER HIGH SCHOOL

DIVE START INDUCTION PROGRAM

The following information has been provided to assist with the implementation of the:

AQUATIC GUIDELINES SAFE WATER ENTRY FOR COMPETITIONS – COMPETITIVE DIVE STARTS

To ensure relevance and understanding of the information contained within this presentation facilitators are encouraged to customise as required to suit participating student needs and swimming carnival location.

This presentation also provides an opportunity to discuss carnival scheduling, transport details (if required) and general carnival rules and regulations.

The statement below should be reinforced at every opportunity throughout the presentation:
Lock hands, lock head, steer up for EVERY dive entry.

SLIDE 1

OVERVIEW:

The opening slide/overhead provides an opportunity to discuss details pertaining to the School Swimming Carnival (e.g. transport, schedules, events and generic safety topics .)

DETAIL:

Aquatic activities are a popular recreation activity and is a large part of our lifestyle. Aquatic facilities or centres provide a broad range of activities for individuals or groups to participate in including:

- Swimming
- Water polo
- Diving

Unfortunately, as with many physical recreation activities, injuries can and do occur at aquatic venues / centres.

Discussion: Facilitators may wish to discuss why injuries occur around aquatic environments e.g.:

- Peer pressure
- Being careless around and in the water
- Excitement – aquatic activity is not a normal / everyday activity for the majority of individuals
- Not having the skills or fitness to perform an activity in the water

SLIDE 2

DETAIL:

For many events at the Swimming Carnival a DIVE START is the normal form of entry.

Unfortunately each year 25 Australians suffer serious spinal cord injury as a result of diving into shallow water. The majority sustained injuries in the cervical spinal segments, resulting in complete loss of movement and function in all limbs (quadriplegia – paralysis of the body from the neck down).

Those most commonly injured are:

- 15-29 year olds
- Male
- Active people
- Those with self taught diving skills.

(INJURY does not discriminate – all individuals have the potential to be injured!)

The statement within this slide is commonly recorded post spinal cord injury incidents. This type of incident results in significant mental, social, educational and physical impediments for the rest of their lives. ALL DIVING related SPINAL CORD INJURIES ARE PREVENTABLE.

SLIDE 3

DETAIL:

Standards Australia have created a number of graphic water safety signs to assist people engaging in activities in, on or around the water. These signs should be easily recognised and understood.

Regulatory signs have a red border and bar on a white background. These signs contain instructions which must be complied with; failure to do so results in an offence at law, or a breach of safety features. The sign above indicates that NO DIVING is permitted.

Warning signs have a black border on a yellow background. These signs advise a particular hazard or hazardous condition. The sign above indicates BEWARE SUDDEN DROP OFF.

Remember:

Carefully assess the area to determine the best method of entry or exit.

Choose a method that offers complete safety (diving is probably the most dangerous entry) – slide in or use ladders to lower yourself into the water.

Always consider depth when entering the water (check for depth markings).

Conditions change - our body shape and size can change from year to year, along with our fitness levels.

Aquatic locations can change.

The excitement of a carnival can affect you in different ways.

Before using a dive entry, check that the water is DEEP and FREE OF OBSTACLES, including other people.

SLIDE 4

DETAIL:

Definitions:

Dive entry – is an entry into the water where the upper body enters first (the hands, arms and head are followed by the torso and lower limbs.)

Competitive dive start – is an entry into water from the edge of the pool or from a starting block for the purpose of taking part in a swimming based competition.

As previously stated the School Swimming Carnival has events that will commence with a dive entry. In many cases this entry will be made from starting blocks or platforms. The additional height means you will travel faster and your entry will be potentially deeper which can increase the potential for injury. Whilst spinal cord injury is the most devastating other injuries can occur including facial injuries and fractures and head and scalp injuries. It should be noted that these injuries can be prevented by following a few basic steps.

SLIDE 5

DETAIL:

Upon coming into contact with an object or the bottom of the pool (or aquatic environment) the momentum created from a dive entry drives the body forward whilst the head remains stationary. This causes the vertebrae in the neck to dislocate or fracture, which can also lead to damage to the spinal cord.

A dive entry can only be performed when:
the water is known to be DEEP and FREE of obstacles, including other people.
the swimmer is confident and has the required skill level to execute a safe, shallow dive.

The following slides will focus on how to perform a dive entry that will minimise the opportunity for injury.

SLIDE 6

DETAIL:

Preparing for the dive – Stand with toes of one foot or both feet curled over the edge. This will help prevent slipping on a wet surface.

Experienced competitors can then grip the edge (on either side of the feet) of the starting surface or handles of starting blocks if available, (learners should have hands and head locked before diving).

Upon hearing the starting gun / siren / whistle competitors, using their legs should push off from the edge or starting blocks aiming for a long horizontal flight through the air.

SLIDE 7

DETAIL:

For those skilled in diving, lock hands together and lock the head into position with the arms during flight (learners should have hands and head locked before diving).

Remember:

Aim to maximise horizontal velocity and flight.

Note – Diving for distance will also give you a competitive advantage as it takes a shorter period of time to resurface and commence swimming!

SLIDE 8

DETAIL:

In the glide phase following water entry, steer up towards the surface by pointing the fingertips upward and slightly arching the neck and back. Hands must remain in front (to protect the head and neck) until commencement of the first arm stroke.

As the swimmer glides towards the surface and their speed through the water slows down to match their swimming speed, hands can separate and swimming commence.

SLIDE 9

DETAIL:

1. Curl toes of one or both feet over the edge, to prevent backward slip and prepare for a forward dive.
2. Go for maximum horizontal speed and distance. Lock hands and lock head, every time. Keep the hands and head locked throughout initial contact with the water and throughout the "glide" phase.
3. Steer up towards the surface keeping hands and head locked.
4. Upon reaching the surface commence designated stroke (e.g. freestyle, breaststroke etc.)

SLIDE 10

DETAIL:

Diving injuries and diving related spinal cord injury are PREVENTABLE.

Take note of any signage before entering the water. Check that the water is DEEP and FREE of OBSTACLES before EVERY dive entry.

Lock hands, lock head, steer up for EVERY dive entry. Importantly – enjoy the day.

Visit our website at:
www.royalnsw.com.au

