



FACILITATOR NOTES
UPPER PRIMARY SCHOOL (Years 5-6)
DIVE START INDUCTION PROGRAM

AQUATIC GUIDELINES

SAFE WATER ENTRY
FOR COMPETITIONS –
COMPETITIVE DIVE STARTS

FACILITATOR NOTES – UPPER PRIMARY SCHOOL (YEARS 5-6)

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.)

SLIDE 2

DETAIL:

Water activities can offer fun and enjoyment for all ages. It is important however to learn to respect all aquatic environments.

You need to be aware of the rules of behaviour around water as well as the dangers that are ever present in this environment, to ensure that you and those around you are safe in, on or around water.

SLIDE 3

DETAIL:

The local swimming pool is a popular place to enjoy a swim. Although pools seem to be safe, there are still potential dangers.

Dangers include:

- Large crowds with inexperienced swimmers
- Slippery surfaces around the edge of the pool
- Different depths – some areas are deep and others are shallow

SLIDE 4

DETAIL:

There are many water safety signs to assist people participating in activities in, on or around the water. It is important that we understand what they mean.

Some signs (regulatory signs) have a red border and red bar on a white background. These signs contain instructions which must be followed; by not following these signs you could be in trouble with the law and it could also result in an injury. The sign above indicates that NO DIVING is permitted.

There are other signs (warning signs) that have a black border on a yellow background. These signs let us know that there is potential danger. The sign above indicates BEWARE SUDDEN DROP OFF.

When at the swimming pool make sure you look for and remember where these signs are located and stay clear of deep water unless you are a good swimmer.

SLIDE 5

DETAIL:

The upcoming swimming carnival will have many events where we need to dive into the water. Diving can be very difficult to perform and can be dangerous. If it is the first time you have visited the pool you should slide in or use ladders to lower yourself into the water.

Always consider depth when entering the water (check for depth markings). Before using a dive entry, check that the water is DEEP and FREE OF OBSTACLES.

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 your entry will be potentially deeper which can increase the opportunity for injury.

Injuries may include broken teeth and injuries to the face, head injuries and spinal injuries. Each year in Australia 25 individuals become quadriplegics as a result of shallow water diving!

SLIDE 6

DETAIL:

(The next series of slides provide an overview of how to dive into water during competitions / carnivals. It is important to stress the concept of “locking hands, locking head and steering up upon entry”. It is important to reinforce these key diving phases throughout the presentation.)

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.

It is important that you lock hands and head into position. This position should be maintained throughout the dive and until resurfacing.

Teaching point – students can practice placing their hands and head into this position.

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:

During the “push off and flight” phase the hands remain out in front in a locked position. The head is locked between the arms and the swimmer is aiming for a long flight through the air. Do not dive deep – aim for a long flight!

Remember - Lock hands, lock head!

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:

Summary

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 flight 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

