

FACILITATOR NOTES
UPPER HIGH SCHOOL
DIVE START INDUCTION PROGRAM

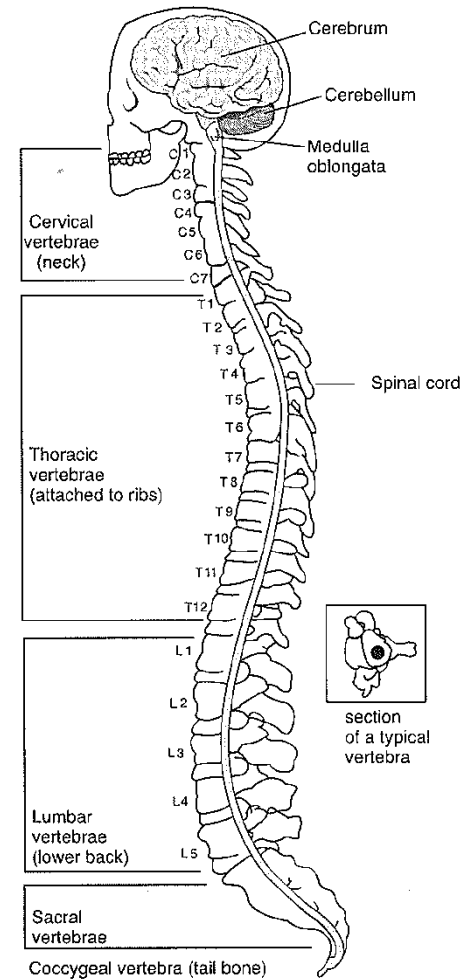
AQUATIC GUIDELINES

SAFE WATER ENTRY
FOR COMPETITIONS –
COMPETITIVE DIVE STARTS



DIVING INJURY RISKS

“I was having fun with my friends at the pool. I thought it was OK to dive in but my head hit the bottom and when I tried to get back to the surface, I couldn’t move.”



SLIDE 2

VISITING AN AQUATIC VENUE OR AQUATIC ENVIRONMENT

- When visiting an aquatic venue or aquatic environment it is important that you take note of signs, warnings or notices.



NO DIVING PERMITTED

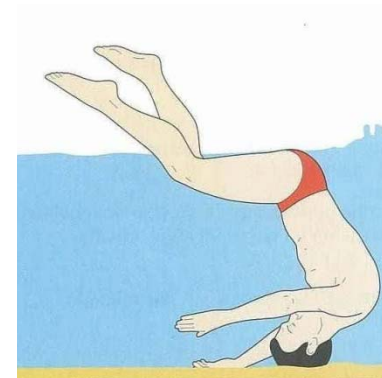
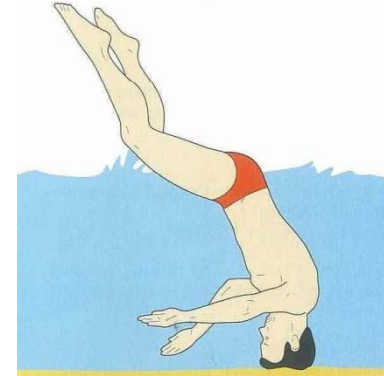
SLIDE 3

TYPES OF INJURIES

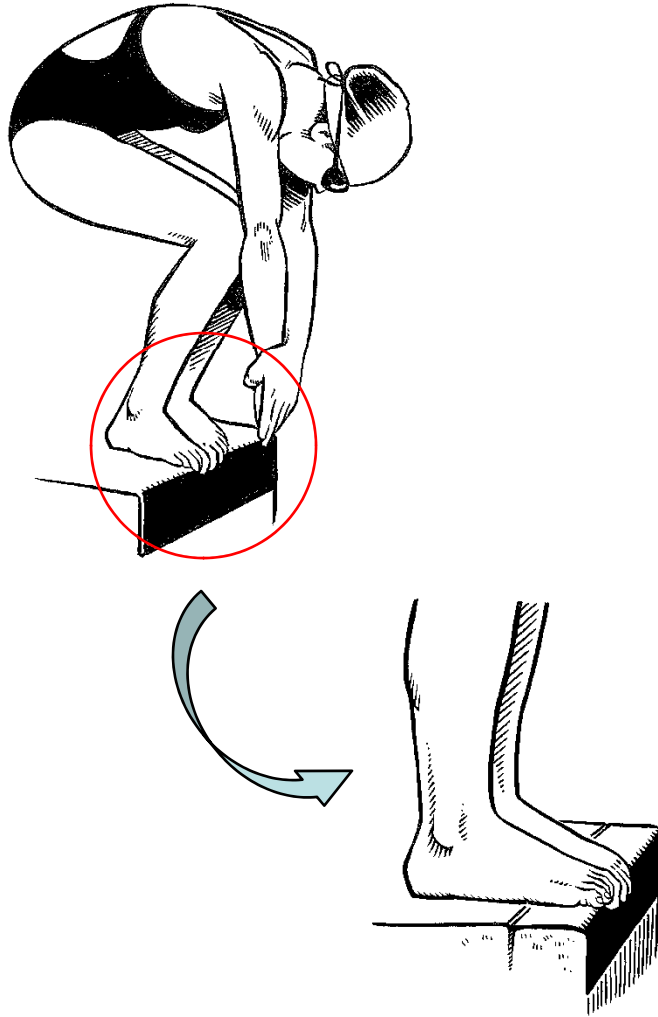
- The majority of water related spinal cord injuries result from diving into shallow water. Permanent paralysis is the most common result
- Other diving injuries can include:
 - Broken teeth
 - Scalp injuries
 - Facial fractures.

HOW DOES A DIVING INJURY HAPPEN?

- The swimmer performs a head first entry that is too deep for the water conditions with little or no protection for the head and neck
- The swimmer's head comes to a sudden stop but the body continues moving
- This can cause the vertebrae in the neck to dislocate or fracture, which can also damage the fragile spinal cord.

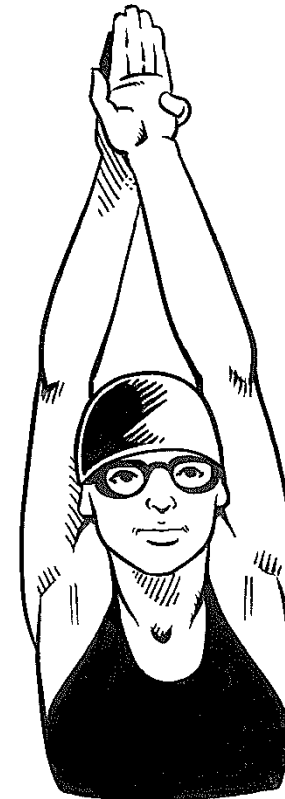
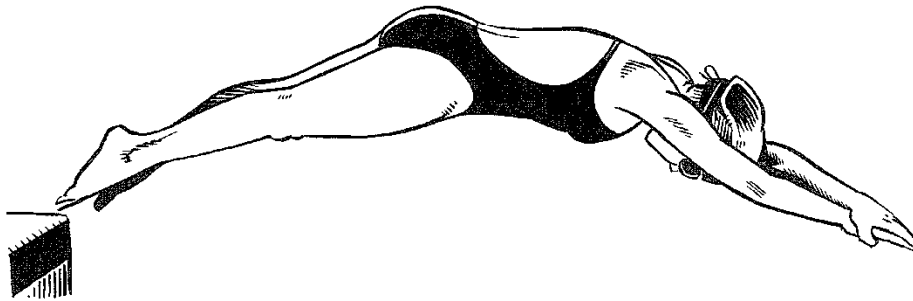


PREPARATION FOR A COMPETITIVE DIVE



- How:
 - Stand with toes of one or both feet curled over the edge. This will help prevent slipping on a wet surface.
 - Hands will grip the leading edge of the starting surface (or handles, if supplied on the blocks, may be gripped).

THE “PUSH OFF” & “FLIGHT”

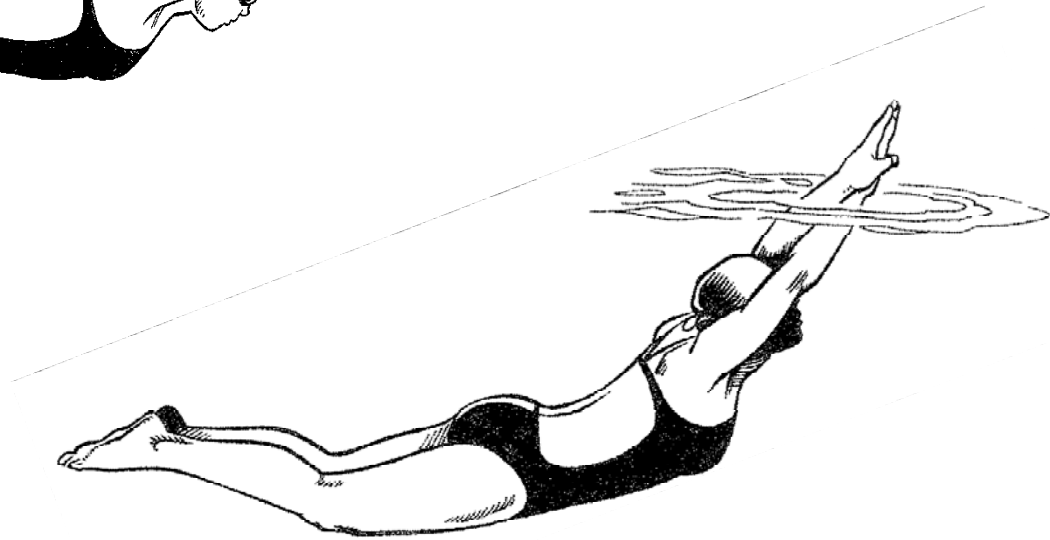
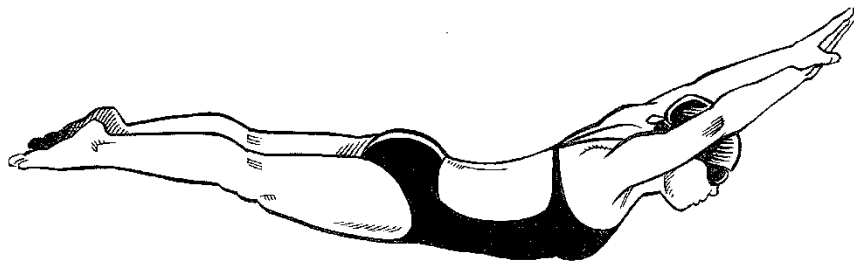


TAKE NOTE:

- Hands
- Head
- Reach of Swimmer.

SLIDE 7

WATER ENTRY AND UNDERWATER

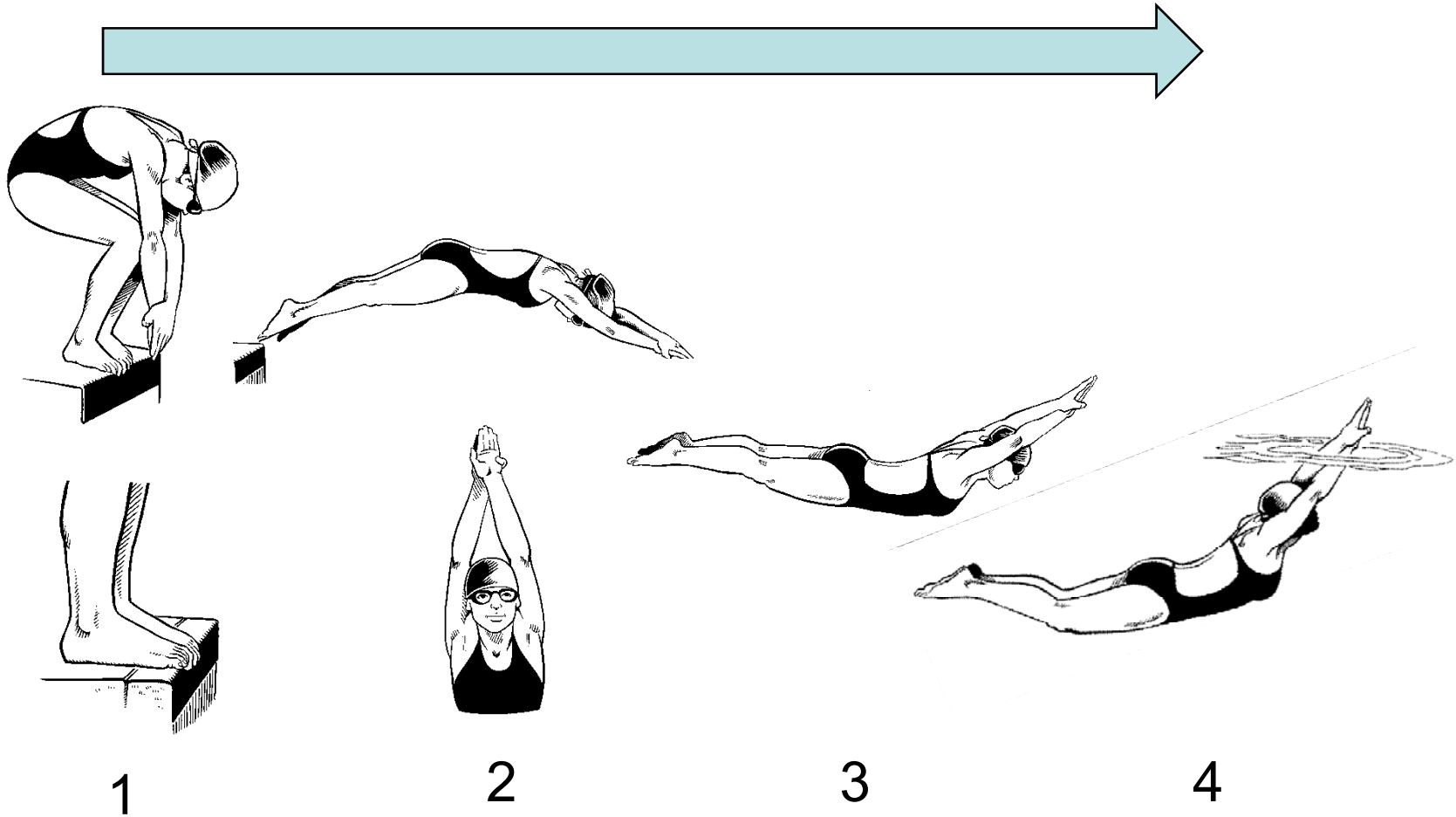


TAKE NOTE:

- Glide
- Steer up
- Continued protection of head and neck.

SLIDE 8

THE COMPLETE DIVE-REVIEW



SLIDE 9

SUMMARY

- REMEMBER:
 - Take note of any signage (depth and diving related)
 - When ever diving:
LOCK HANDS, LOCK HEAD & STEER UP!

Enjoy the carnival events safely.

