FACILITATOR NOTES
UPPER HIGH SCHOOL
DIVE START INDUCTION PROGRAM

AQUATIC GUIDELINES
SAFE WATER ENTRY
FOR COMPETITIONS –
COMPETITIVE DIVE STARTS
“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.”
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
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.
WATER ENTRY AND UNDERWATER

TAKE NOTE:

- Glide
- Steer up
- Continued protection of head and neck.
THE COMPLETE DIVE-REVIEW
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.