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

AQUATIC GUIDELINES
SAFE WATER ENTRY FOR COMPETITIONS – COMPETITIVE DIVE STARTS
AQUATIC ACTIVITIES

• Aquatic activities can be fun!
• But, we need to be aware of the rules and behaviour when around water.
SWIMMING POOLS

- The local swimming pool is a popular place to enjoy a swim
- Although these pools seem to be safe, there are still potential dangers.
VISITING A SWIMMING POOL OR AQUATIC ENVIRONMENT

• When visiting a swimming pool or aquatic environment it is important that you take note of signs, warnings or notices.
TYPES OF INJURIES

- Diving into water can be dangerous!
- Sometimes injuries do occur such as:
  - Broken teeth and injuries to the face
  - Head injuries
  - Spinal injuries.
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.
- Lock the hands and arms together, lock the head.
THE “PUSH OFF” & “FLIGHT”

TAKE NOTE:
- Hands
- Head
- Reach of Swimmer.
WATER ENTRY AND UNDERWATER

TAKE NOTE:

• Glide
• Steer up
• Protection of head and neck.
THE COMPLETE DIVE-REVIEW

1. Standing on the edge of the diving board.
2. Knees bent and arms extended over head.
3. Legs extended and arms extended over head.
4. Diving into the water.
SUMMARY

REMEMBER:

– Look for signs and listen to the teachers
– Whenever diving:
  • LOCK HANDS, LOCK HEAD & STEER UP WHEN DIVING!

Enjoy the carnival events safely.