FACILITATOR NOTES
LOWER PRIMARY SCHOOL (Years 2-4)
DIVE START INDUCTION PROGRAM

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

• Swimming and playing at the beach or in the pool can be fun!
• When playing in, on or near water always make sure someone is with you.
SWIMMING POOLS

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

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

- Diving into water can be dangerous!
HOW TO 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.
UNDERWATER

TAKE NOTE:
• Glide
• Steer up
• Protection of head and neck.

SLIDE 8
THE COMPLETE DIVE
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.