GUIDELINES FOR SAFE POOL OPERATIONS PROGRAMS PR9

1. TITLE : TEACHING OF WATER ENTRY AND DIVING

2. DATE ISSUED : 1 November 2002 ISSUE : 2

3. PURPOSE : To outline the safety considerations for the teaching of safe water entry and diving for beginners.
Note : These guidelines are designed to pertain only to learn to swim instruction of water entry.(Refer SU24, section 4)

4. DEFINITION :

Dive entry is defined as entry into water where the upper body (the hands, arms and head followed by the torso and lower limbs) enters first during activities, which are conducted under aquatic programming such as:

- Swimming and related (triathlon, distance swimming) squad training and competition
- Lifesaving classes

5. DESCRIPTION :

5.1 Introductory Information

a] Prior to the commencement of the teaching of water entry and diving it is important that the Instructor understand and give consideration to specific safety factors, including the depth of water into which the learner will enter.

b] The learner should be educated in the dangers of diving into both known and unknown pools, lakes, dams, rivers and creeks.

c] The learner on their first visit to the water environment in which the instruction is to take place should receive a facility familiarization induction on the safety considerations prior to entering the water.

5.2 Basic Safety Rules

a] The depth of water should be checked by both the Instructor and the beginner before entry into any body of water.

b] It is good practice to slide in to check the water depth before diving, particularly in unfamiliar areas.

c] At a pool, check for water depth signs.

d] Ensure that the water area into which entry is anticipated is free of obstruction. (e.g. bathers, toys, lane ropes).

e] Jump or dive away from the pool edge.

5.3 Minimum Water Depths

a] The minimum water depth of 1500mm is suitable for learn to swim water entry and diving instruction.

b] The water depth should ideally be at least 1500mm. However this must only be considered as exemplary, as some pools may not be able to provide appropriate water depths. It is suggested the above be used as guidance only and be followed where possible. If the preferred minimum water depth is not available the deepest water available should be used with the exercise of additional caution.

5.4 Progressive Instruction

The teaching of safe water entry and diving should be taught progressively in the following sequence.

- In water forward glide from standing position
- Pool side, seated
- Pool side, standing crouched
- Pool side, standing
- Starting block.

Progression to the next level should only be permitted following successful demonstration of the current skill.

5.5 Diving from Starting Block

a] Flat racing type dives should be taught from the concourse in water depth of 1200mm for a distance of 5000mm from the pool wall before allowing entry from a starting block.

b] Flat racing type dives should be able to be consistently performed from poolside before allowing a flat racing type dive from a starting block installed in accordance with FD 24.

5.6 Instructors

a] Only qualified swim coaches, lifesaving instructors (excepting beach lifesaving), and swim Instructors (e.g. AUSTSWIM) should instruct safe water entry and diving skills.

5.7 Other Diving Considerations

a] Running dives should not be permitted.

b] Diving should only be allowed in pools where there is sufficient forward clearance (ideally greater than 5000mm) for a constant depth.

c] Diving should not be permitted in a wave pool when waves are in motion.

d] Diving classes should be segregated from swimming areas, and one Instructor should not attempt to carry out simultaneous diving and swimming instruction in the same class at the same time.

6. REFERENCES :

Austswim Teaching Swimming and Water Safety, The Australian Way
Austswim Teaching Swimming and Water Safety, Course Essentials
Guideline SU 23 Safe Water Entry For Competitions
Safe Depths for Teaching Children to Dive (Blanksby B.A, Wearne F.K, Elliott B.C 1996), The Australian Journal of Science and Medicine in Sport.