



Staying safe in the diving environment

All divers should be aware of the following for their own safety:

- Always swim straight back under the boards after you dive in – not sideways to avoid getting in the other divers path.
- Ensure the water is clear before you dive in.
- When the platforms are in use – listen to your coach to call which platform is in operation. If in doubt, don't dive in.
- Prepare yourself adequately for the technical, physical, mental demands of dives. Be well prepared before you try new skills to minimise risk of injury.
- No mucking around on the diving boards.
- If you are a coach ensure that your first aid and coaching qualifications are up to date qualifications
- Only walk on pool deck.
- Be aware of “stranger danger”. All divers under 10 years of age should not go to the bathroom alone.
- Have a plan for your parents to pick you up from training. If in doubt do not leave the diving pool area.
- Make sure you act in a responsible and appropriate manner in the stands to avoid accidents.