

Safety Training Guide

DRYBOARD AND DRYLAND SAFETY GUIDELINES FOR DIVERS

ASSUME RISK- Understand and appreciate the risks involved before engaging in any diving activity. Warning! Catastrophic injury, paralysis, or even death can result from improper conduct of diving activity.

No diver should be on any equipment without permission and supervision from a coach.

Somersaulting on trampolines or dry boards without the safety harness is prohibited.

No horseplay.

Jumping from the trampoline to the dry board pit is prohibited.

Multiple bouncing the dry boards is prohibited unless with the permission and supervision from a coach.

TRAMPOLINE USAGE RULES FOR DIVERS

Divers should be dry when using the trampoline.

Diving skills on the trampoline are practiced as single contact activities, one skill at a time. Initiate take-offs using no bounce, a step-in hurdle, “priming the bed”, or several low bounces. High multiple bouncing routines like trampolinists perform are out of the scope of usage in a USA Diving program and require compliance with USG Trampoline and Tumbling Rules.

No diver should use the trampoline unless the activity is being adequately supervised by a qualified coach.

Trampolines are to be used for serious diving training, but never for horseplay.

Beginning divers can learn many skills with little or no actual bounce on the trampoline.

A good jumper is one who can maintain CONTROL while performing skills well, not just “going for the trick”.

Keep the arms overhead and hands flat to protect the head, neck and spine when simulating head-first entry in the safety belt unless directed otherwise by a coach.

Trampolines should be properly mounted and dismounted. Never use a trampoline as a projectile device to jump from one to another trampoline or the ground.

Only one person should bounce on a trampoline at a time. The only exception is when a coach is physically spotting a diver in a skill.

Proper attire should be worn when using a trampoline. Avoid clothing that impedes movements, such as street clothes, jeans, etc. Jewelry, including watches, earrings, and rings should not be worn.

Never run under a trampoline while someone is on the apparatus.

Do not sit or lean with arms on the pads of a trampoline while someone is jumping.

Trampolines should never be used by a person who is dizzy, fatigued, or under the influence of drugs, alcohol, or medication which can inhibit coordination or perception.

Proper stretching and warm-up can help prevent strains and sprains. It is important that anyone who is going to use a trampoline warm-up properly, both off and on the apparatus, before practice actually begins.

Avoid overtraining. Keep turns short; it is difficult for divers to perform well when tired.

NO TWISTS AND/OR SINGLE OR MULTIPLY SOMERSAULTS WITHOUT AN OVERHEAD SPOTTING RIG AND BELT

Trampoline skills and practice routines with Liberty Diving Academy are not meant for back yard trampolines!

POOL SAFETY GUIDELINES

ASSUME RISK- Understand and appreciate the risks involved before engaging in any diving activity. **WARNING!** Catastrophic injury, paralysis, or even death can result from improper conduct of diving activity.

PLAN YOUR DIVE AND WATER ENTRY- Plan your dive to land a safe distance from the board or platform in water deep enough for you to maneuver underwater. Visualize your dive before you perform it. Be ready to go when it is your turn. Dive straight off the board or platform. Entry techniques may vary according to the pool bottom configuration, depth, height of the board or platform and dive. On headfirst entries, grab your hands to protect your head, neck and spine. Avoid striking the head and neck on the bottom. Know what glide path to follow underwater. Know where to exit the water.

CHECK POOL DEPTH BEFORE YOU DIVE- Check the pool depth and water envelope for obstructions or other swimmers or divers before every dive. Ease into an unfamiliar pool or body of water the first time. Enter the deep water in the diving area feet-first the when initially entering an unfamiliar diving facility.

CHECK EQUIPMENT BEFORE YOU DIVE- Check that the bolts in the end of the diving board are secured. Check that your fulcrum setting is readied for your dive. Check that the takeoff surface is not slippery. Report any unsafe conditions immediately to your coach.

BE SUPERVISED- Do not swim or dive without a lifeguard or coach present. Do not use the dry land training equipment without a coach present.

NO HORSEPLAY- Concentration is necessary from the initial step up the ladder until the final climb out of the pool. No double bouncing the springboard, unless performing drills for control under the supervision of your coach.

IN THE CASE OF EMERGENCY

ACCIDENTS: Should an accident occur, coaches will direct the divers to a safe meeting place (Near the hot tub or in the lifeguard office off the deck). The divers are expected to remain calm and at their meeting place until otherwise directed by the coach. This will ensure the safety of everyone in the class.

TORNADO WARNING OR LOSS OF POWER/LIGHTS: Divers will follow pool staff directions and report to their respective gender locker rooms and wait for further instruction.

FIRE: Divers should exit through the emergency exit doors behind the dry land center and wait in the parking lot for further instructions.

LIGHTING OR THUNDER WARNING: Divers will follow pool staff directions off the pool deck and away from the water. They are to report to their respective gender locker rooms and wait for further instruction. If the water session is less than 50% complete and the lifeguards do not foresee us returning to the water, then we will resume in dryland. If more than 50% of the water session is complete, we will end the session.

BEHAVIOR POLICIES & REQUIREMENTS

Practice is the most important facet of the diving program. Although competition and skill demonstrations are the obvious tests of a diver's ability, practice is where divers learn responsibility, accountability, discipline, confidence and sportsmanship. These qualities, among others, help our athletes become successful divers and responsible adults.

The following policies and behavior requirements are necessary to provide the proper environment to allow each diver to achieve their personal best.

1. Arrive on time, mentally prepared with the day's goals in mind.
2. Attend every scheduled practice and stay the entire practice.
3. Be attentive to the coaching staff and follow the day's work out.
4. Be ready to go when it is your turn.
5. Support your teammates and respect their needs
6. Abusive language, lying, or lack of respect is not tolerated.

7. Communicate with the coaching staff any injuries or problems that you may be experiencing.
8. Horseplay of any kind is not tolerated.

PARENT/GUARDIAN INVOLVEMENT

You are encouraged to learn and be active in the sport of diving. It is vitally important to your child's safety and learning that you let the professional coaches coach the athletes. Often, in an effort to be helpful, you will try to give your child advice during or even after practice. This only creates confusion for the athlete and makes the coach's job very difficult! This type of behavior by parents/guardians will not be tolerated.

Parents/Guardians are encouraged to participate in practice as a supportive spectator from the bleachers. When your child looks your way, show your support with an encouraging smile. If you have any questions about your child's diving please feel free to speak with the coach before or after practice. You may also call us at (520) 8205377 .

When the time comes, you may also be asked to volunteer on occasion for meets and team trips. If you are willing to help drive, work a scoring table, etc. please let us know.

These guidelines are for everyone. Following these guidelines will help create a positive and safe environment.