**PHYSICAL ACTIVITY SAFETY CHECKLISTS**

**DIVING**

*(SPRINGBOARD OR PLATFORM)*

Diving is a sport where acrobatics are performed while jumping or falling into water from an elevated platform.

<table>
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<th>Risk Factor Rating</th>
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<td>2</td>
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**General Learning Outcome**

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

**Risk Management Strategies**

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

**Instruction**

*Note*: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received from a trained/certified National Coaching Certification Program/Diving Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- All sessions are conducted in a safe environment, with students aware of potential risks of diving
- Safety rules/regulations, both for swimming and diving, are learned prior to participation
- Skills/movements are learned in proper progression
- Difficulty of dive is appropriate for student's development/capabilities
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed

**Supervision**

*Note*: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- Recommended level of supervision: **constant visual supervision** while instructor provides **on-site supervision**
- Supervisor controls activities on the board
- Each instructor/supervisor has a whistle or other signaling device
- Diving rules are enforced, such as:
  - No running or pushing on deck
  - No gum chewing
  - No food in pool area

*continued*
### Physical Activity Safety Checklists

#### Supervision (continued)
- Diving rules are enforced, such as
  - Only one person uses the board at a time
  - Move to the edge of the pool after a dive
  - Ensure diving area is clear before diving
  - No diving with goggles or earplugs
  - No diving in shallow end
  - No shoes on deck
- Emergency action plan is in place to deal with accidents/injuries

#### Facility
- Activity area is free of hazards/debris
- Activity area is clearly marked with adequate out-of-bounds areas
- Proper lighting and ventilation, when applicable, are provided
- Instructions for use of facility are posted
- Emergency exit is clearly marked

#### Clothing/Footwear
- Proper bathing suit is worn, as prescribed by club/competition
- Device for keeping hair out of eyes is used
- Towel and dry clothing are available for out-of-water sessions
- Appropriate footwear is worn for shower and pool deck areas
- Jewelry is removed

#### Equipment
- Equipment to be used is suitable and in good condition
- Equipment is checked by a qualified person before every session
- First aid kit, emergency equipment, and phone are readily available

#### Other Considerations
- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher