

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.

Risk Factor Rating

2

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

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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