



SAFE DIVING DEPTH POLICY

Adopted or Amended	By Whom	Date
Adopted in Principle	Board of Directors	27 June 2006
Adopted	Board of Directors	25 July 2006
Amended	Board of Directors	28 October 2009
Reviewed	Board of Directors	24 November 2010
Reviewed	Board of Directors	21 December 2011
Reviewed	Board of Directors	4 December 2012
Amended	Board of Directors	3 March 2015
Reviewed	Board of Directors	31 January 2017



SAFE DIVING DEPTH POLICY

The adopted Safe Diving Depths articulated below have been sourced from the Royal Life Saving Aquatic Guidelines – Safe Water Entry for Competitions – Competitive Dive Starts – October 2012.

DEFINITION:

1.1 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

1.2 Competitive dive start is defined as entry into water from the side of the pool (flush or raised) or from a starting platform for the purpose of starting a swimming based competition or training for a swimming based competition that may include the following:

- swimming and related (triathlon, distance swimming) squad training
- swimming competition instruction
- swimming competitions/meets for swimming clubs, schools and other groups
- lifesaving classes

1.3 Starting platforms-are defined as raised platforms at the edge of a swimming pool, located in line with the mid point of each swimming lane, for the purpose of competitive swimming water entry and for housing the backstroke hand grips.

Water Depths for Starts for Competition Swimming and Training

1] In water depth less than 0.9 metre – **no dives**. All events should be commenced in the water.

2] In water depths 0.9 metre to 1.0 metre – **concourse dive** (providing concourse or platform is **not more than 0.2 metre** above the water surface):

- competitive dive starts may be permitted from concourse level to a maximum height above water of 0.2 metre
- if concourse height is greater than 0.2 metre above the surface of the water, starts should be commenced in the water.

3] In water depths greater than 1.0 metre to less than 1.2 metre – **concourse or platform dive** (providing concourse or platform is **not more than 0.4 metre** above the water surface)

- competitive dive starts may be permitted from concourse level to a maximum height above water of 0.4 metre
- if concourse height is greater than 0.4 metre above the surface of the water, starts should be commenced in the water.

4] In water depths 1.2 metre or more – dives from a starting **platform** are permitted as long as the platform is **not more than 0.75 metre** above the water surface

* Where the platform or concourse height exceeds **.75 metre** above the water surface, starts should commence in the water.