

**Stardust Recreation Association**  
Rules for Diving Board Safety  
Summer, 2011

Stardust Recreation Association is pleased to offer our members the use of both a low dive and high dive, but we want to make sure that children using the boards understand how to do so in the safest manner possible. We are implementing a new system this year, and we appreciate your cooperation and support.

Please also take the time to familiarize yourself and your child with the general rules and regulations of the pool (attached).

#### DIVING BOARD RESTRICTIONS

If a child is 12 years old or younger, a parent must sign the child up for a diving safety session and deep water swim test before the child is permitted to use the diving boards. You can sign up at the front desk.

#### SAFETY SESSION

During the diving safety session, a lifeguard will go over the diving board safety rules, which include but are not limited to the following:

- ⇒ Only one person is permitted on the diving board (including the ladder) at any time.
- ⇒ Running and excessive bouncing on the diving board is prohibited.
- ⇒ The board surfaces can be slippery when wet - use caution.
- ⇒ Each diver must wait for the previous diver to surface and clear the diving area before climbing the ladder to the diving board.
- ⇒ Divers must jump or dive straight off the end of the board.
- ⇒ Divers must exit the water at the nearest ladder after diving - no congregating in the water by the ladder.
- ⇒ Swimming under the boards or in the diving area is prohibited while the boards are in use.
- ⇒ Do not dive off of the side of the pool into the diving well while the boards are in use.
- ⇒ No one may wear flotation devices while using the diving board.

#### SWIM TEST

To pass the deep water swim test, your child must be able to jump into the diving well and swim across the well next to the lane line without needing to hold onto the lane line, and tread water for 1 minute.

#### HIGH DIVE

To use the high dive, your child must attend the safety session, pass the deep water test, and meet the height requirement of 48 inches.

When your child completes the safety session and water test, we will make a notation next to his name in the member sign-in book and he will be issued a wristband when he arrives at the pool so that the lifeguards will know he can use the diving board(s).