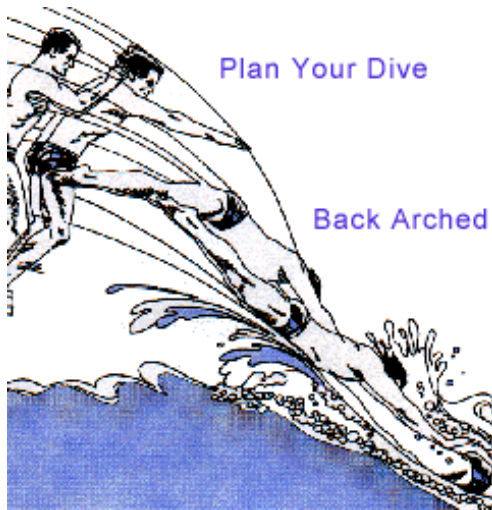


Plan Your Dive, Steer Up



Think Ahead.

- Back Arched
- Arms Extended
- Head and Hands Up
- Hold Diving Form

Diving is a sport that almost everyone can enjoy either as a participant or as a spectator. But, as with every other sport, injuries can spoil the fun for everyone. So to get the most pleasure from diving and to avoid serious injuries, don't, take needless risks. Learn some basic rules for safe diving.

Think Ahead.

Once you've started your dive, you don't have time to think. Know the depth of the water. Plan your dive path. Never dive where you don't know the water depth or where there may be hidden obstructions.

When you dive down, you must be ready to steer up. As you enter the water, your arms must be extended over your head, hands flat and aiming up. Hold your head up and arch your back. This way, your whole body helps you steer up, away from the bottom.

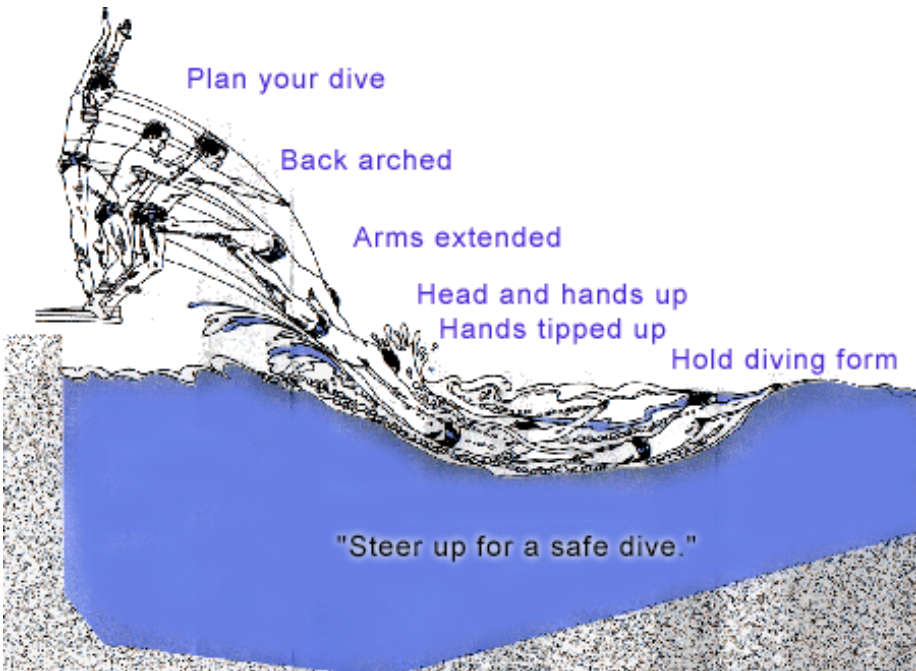
Plan a shallow dive, immediately steering up. Don't try the straight vertical-entry dives you see in competition. These dives take a long time to slow down and must be done only after careful training and in pools designed for competitive diving.

Sometimes divers lose control through improper use of hands and arms. Practice holding your arms extended, hands flat and tipped up. Like learning to swim or ride a bicycle, you have to learn to make the right moves automatically. Carefully rehearse the proper diving techniques before you dive.

Steer Up for a Safe Dive.

It is recommended that each and every one of you follow these safety rules and urge your friends to follow them as well. Because no one wants to end up in a wheelchair for the rest of their life or end up without a life at all.

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Do's

- Do know the water depth before you dive.
- Do plan your dive path.
- Do be sure there are no submerged obstacles or surface objects.
- Do hold your head up, arms up, and steer up with your hands.
- Do keep arms extended and head and hands up during the dive.
- Do practice carefully before you dive in.
- Do swim and dive with a "buddy."
- Do test the diving board for its spring before using.
- Do remember that when you dive down, you must steer up.
- Do keep your dives simple.

Don'ts

- Don't dive into an aboveground pool or into the shallow end of a pool. Nine of ten diving injuries occur in six feet of water or less.
- Don't dive off the side of a diving board - dive straight ahead.
- Don't dive from the edge across the narrow part of a pool without having at least 25 feet of clear dive path in front of you.
- Don't run and dive. That can give you the same impact as a dive from a board.
- Don't do a back dive.
- Don't try fancy dives or dives with a straight vertical entry.
- Don't dive at or through objects such as inner tubes.
- Don't put diving equipment on a pool that wasn't designed for it.
- Don't dive from retaining walls, ladders, slides or other pool equipment.

National Swimming Pool Foundation

This has been reprinted with the permission of The National Swimming Pool Foundation. Information provided in this brochure is based on research sponsored by the National Swimming Pool Foundation, which resulted in a film by Greg Louganis, 1984 and 1988 Olympic Diving Champion.



National Safety Council