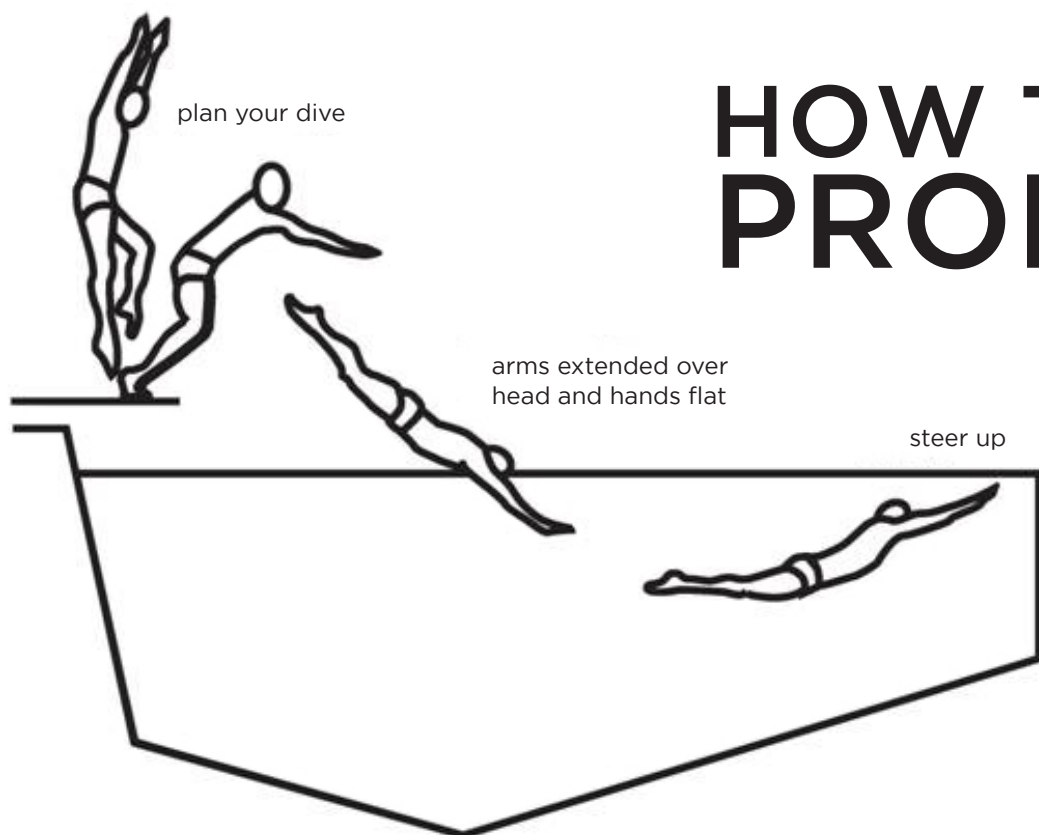


# HOW TO DIVE PROPERLY



## THINK AHEAD

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

## STEER UP

When you dive down, you must be ready to steer up. As you enter the water, your arms should 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. Your extended arms and hands can also protect your head. If a diver's head hits bottom, major injury to neck and spine can result – so always remember, head and hands up!

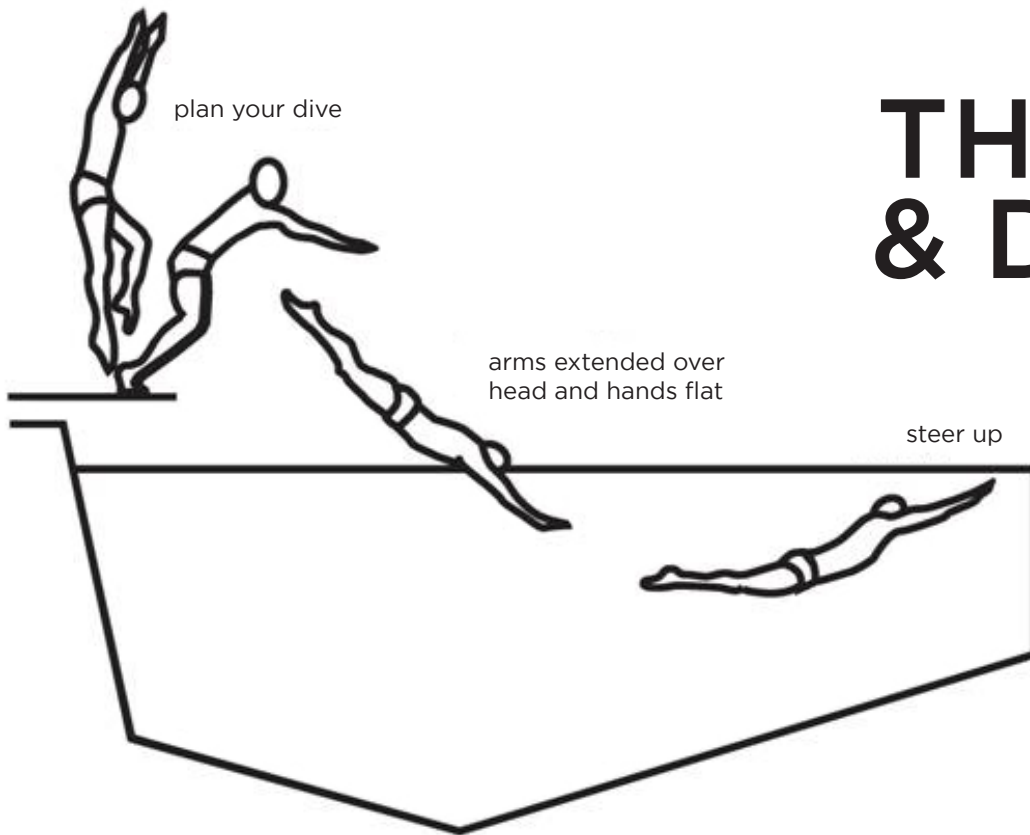
## CONTROL YOUR DIVE

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.

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THE **SAFE DIVING IS FUN**  
INSTRUCTIONAL VIDEO



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# THE DO'S & DONT'S

## DO

- Ensure that your diving board is properly installed and be sure the board is appropriate for the pool size and type.
- Keep the deck of the pool clear from all obstacles and debris that may interfere with diving and swimming safely.
- Know the water depth before you dive.
- Test the diving board for its spring before using.
- Plan your diving path to avoid submerged obstacles, surface objects and other swimmers.
- Practice carefully before you dive.
- Hold your head up, arms up and steer up using your hands as soon as you enter the water.
- Provide adult supervision to all children who are diving.
- Dive only when there are other people present in case of an accident.
- Inspect your diving board daily for hairline or facial cracks anywhere on the board.
- Clearly post diving rules near the diving board stating proper use.

## DO NOT

- Dive from any place that is not specifically designed for diving.
- Dive head first into the shallow end of the pool.
- Dive across the narrow side of the pool.
- Dive off the side of the pool.
- Attempt trick or back dives.
- Dive into a pool off ladders, rooftops, ledges, balconies or any other objects that are not designed specifically for diving.
- Dive into an above-ground pool.
- Push or shove around the pool's edges or diving board area.
- Use alcohol or drugs while swimming and diving.
- Swim or dive alone.

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