



CRYSTAL PALACE DIVING - DIVING POOL RULES

- No horseplay
 - No running on the poolside
 - No shouting/screaming
 - No goggles
 - No non-swimmers
 - No swimming aids to be worn
 - No jewelry
 - No locker keys worn on swimwear
 - No pushing each other into the pool
 - No ducking
 - No fighting
 - No bullying
 - No foul language
 - No food/eating during or immediately prior to lesson
 - No chewing gum
 - No spitting
 - No eye glasses
 - No parents on poolside during training
 - No glass bottles or anything else breakable (drink allowed in appropriate sports bottles to keep performers hydrated during competitive training)
 - No valuables to be brought onto poolside
 - No participant should comment on another participants performance or execution of a skill
 - Don't lean on railings
 - Don't swim to the bottom of the pool if the natural speed and direction of the dive didn't take you there without effort
 - After diving, swim to the nearest poolside – do not swim across the path of other divers
 - One at a time on the springboard
 - No double dives from 1m, 3m or 7m (divers permitted to dive/jump together from 5m or 10m, after instruction on jumping apart from each corner of the board).
 - Dive only from the front of the boards, not the side
 - Climb backwards down the steps (facing the ladder)
 - Don't pass each other on the steps
 - Don't stand on the springboard, or on the end of the platform until told to do so by a teacher/coach.
 - Wait until instructed to dive
 - Don't experiment with new skills you haven't been taught
 - No unsupervised back dives from the poolside (unless authorised by the teacher)
 - Jump only from recognised stages (end of springboards, end of platforms)
 - Use the main part of the poolside only – do not jump/dive from the steps
 - No pushing in the queue
 - Any bags not in lockers, to be stored in the seats, not on poolside or blocking fire exits.
 - Use the "wet" changing rooms at the centre.
- **ABSOLUTELY NO WET PARTICIPANTS IN THE SEATS**