

## Diving Board and Diving Well Safety

1. Never swim or dive alone.
2. Make sure the pool deck is clear of any obstacles that might cause you to trip and interfere with diving safely.
3. Before diving, jump into the water feet first to test the depth of the water.
4. Dive straight off the end of the diving board—not toward one side.
5. After entering the water during a dive, hold your head up, arms up, and steer up using your hands to prevent contact with the pool bottom.
6. Parents, be sure to supervise your children while diving in case of accidental injury.
7. Do not push or shove others around the diving board or deep end of the pool.
8. Do not jump or dive into a pool from ladders, rooftops, ledges, balconies, or any other place that is not specifically designed for diving.
9. Unless you are under professional supervision, do not attempt trick dives or back dives.
10. Test and familiarize yourself with the spring of the diving board before initiating a dive.

