

**Diving is a sport that almost everyone can enjoy,** either as a participant or 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.

**As a pool owner, it is your responsibility to enforce these 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, the configuration of the pool bottom, and the upslope. 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, 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 competitions. These dives take a long time to slow down, and must be done only after careful training and in pools designed for competitive diving.

### Head and Hands Up.

Your extended arms and hands not only help you to steer up to the surface, they can also protect your head. If a diver's head hits bottom, major spinal cord injury to neck and spine can result in paralysis. 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 know how to make the right moves automatically. Carefully rehearse the proper diving techniques before you dive.

### Entry—Diving and Sliding.

Do not allow any diving or headfirst entry into any pool until you are sure the pool is designed for diving and meets all standards for diving pools, such as the ANSI/APSP (Association of Pool & Spa Professionals) standards. Consult the diving board manufacturer, your pool builder, or a local APSP member if you have any doubts.

Do not allow diving into a pool, or any part of the pool, that is not deep enough for diving. It is recommended that "No Diving" signs be placed at all areas of the pool where diving is not appropriate.

Never dive into a non-diving pool. It isn't deep enough for you to dive safely, and you may be seriously injured.



Your first entry into a pool should be feet first, so you can determine water depth and pool configuration. Headfirst entry into the water can lead to very serious, life-threatening accidents.

The chief danger for divers or headfirst sliders is serious spinal injury. They may hit their heads against the bottom or side of the pool, or against some object or person. Injuries to the spinal cord may result, causing temporary or permanent paralysis or death. Never use alcohol or drugs while diving or swimming.



### Members of The Association of Pool & Spa Professionals (APSP)

are committed to the safe use and enjoyment of pools, spas, and hot tubs, and adhere to a code of business ethics.

To maximize your enjoyment, deal with an APSP member firm. To locate an APSP member in your area, visit [www.APSP.org/memberlocator](http://www.APSP.org/memberlocator).

For more free consumer safety information, visit:

[www.APSP.org](http://www.APSP.org)

[www.PoolSafely.gov](http://www.PoolSafely.gov)

[www.CDC.gov/healthywater/swimming](http://www.CDC.gov/healthywater/swimming)

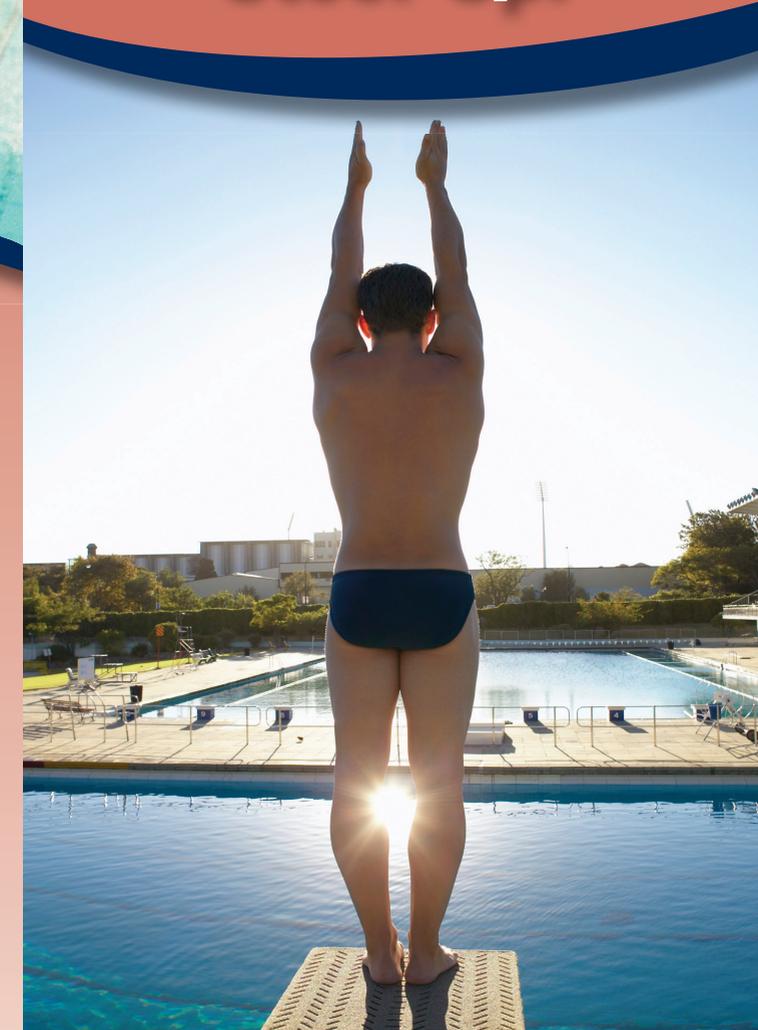


2111 Eisenhower Avenue  
Alexandria VA 22314

703.838.0083  
[www.APSP.org](http://www.APSP.org)

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# Plan Your Dive: Steer Up.

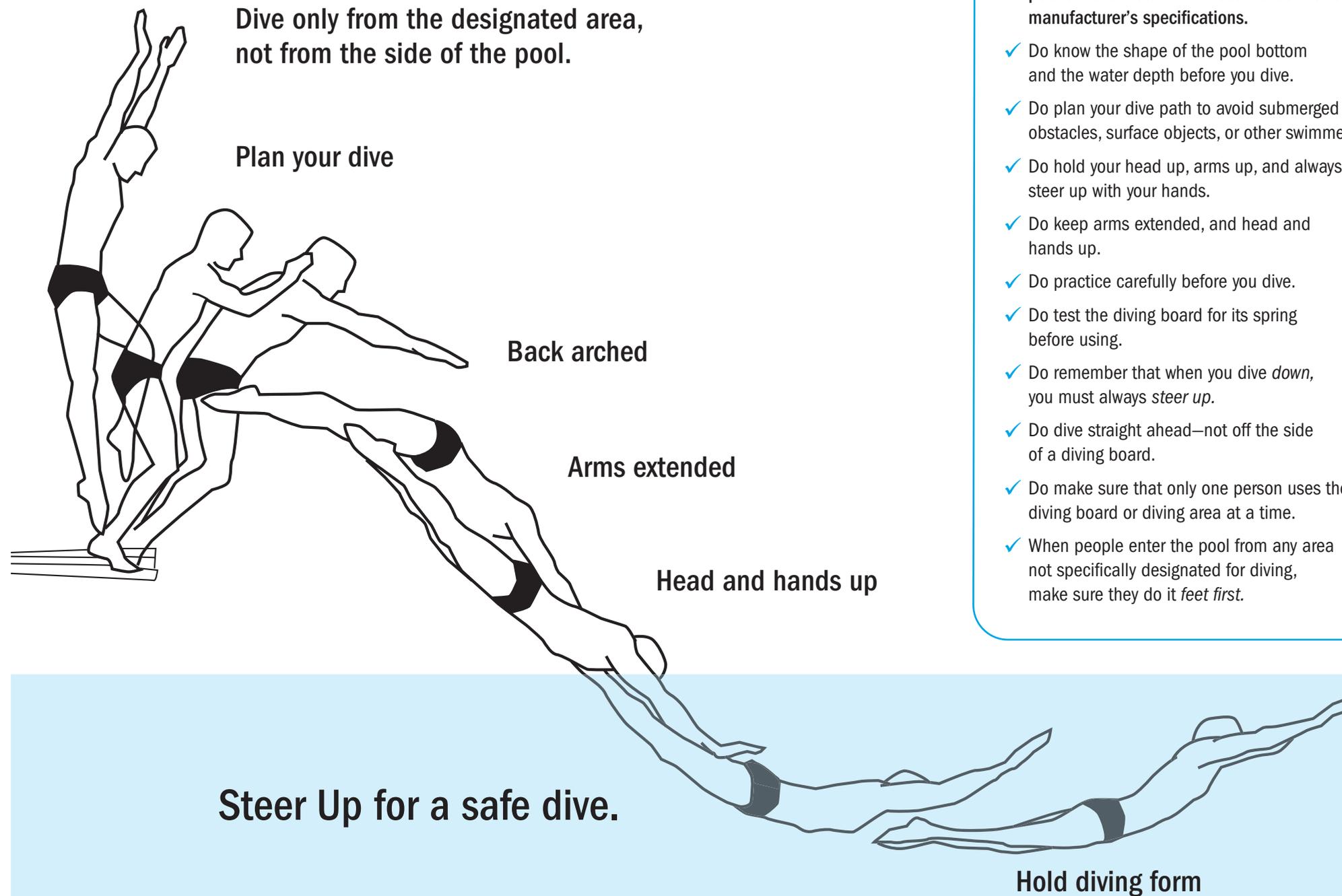


## Tips for Safe Diving



**APSP**  
The Association of  
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## Some DO's and DON'Ts of Diving



### DOs

- ✓ Do make sure that any diving equipment or pool slide is installed in accordance with the manufacturer's specifications.
- ✓ Do know the shape of the pool bottom and the water depth before you dive.
- ✓ Do plan your dive path to avoid submerged obstacles, surface objects, or other swimmers.
- ✓ Do hold your head up, arms up, and always steer up with your hands.
- ✓ Do keep arms extended, and head and hands up.
- ✓ Do practice carefully before you dive.
- ✓ Do test the diving board for its spring before using.
- ✓ Do remember that when you dive *down*, you must always *steer up*.
- ✓ Do dive straight ahead—not off the side of a diving board.
- ✓ Do make sure that only one person uses the diving board or diving area at a time.
- ✓ When people enter the pool from any area not specifically designated for diving, make sure they do it *feet first*.

### DON'Ts

- ✗ Don't dive into any pool not specifically designated as suitable for diving by the pool professional or the manufacturer.
- ✗ Don't dive from anyplace that is not specifically designed for diving.
- ✗ Don't install any diving equipment or pool slides, except where specifically indicated by the equipment manufacturer.
- ✗ Don't drink and dive.
- ✗ Don't dive or swim alone.
- ✗ Don't dive into unfamiliar bodies of water.
- ✗ Don't dive into an aboveground pool.
- ✗ Don't dive or slide headfirst in the shallow part of the pool.
- ✗ Don't dive across the narrow part of a pool.
- ✗ Don't run and dive.
- ✗ Don't engage in horseplay on diving or sliding equipment.
- ✗ Don't use diving equipment as a trampoline.
- ✗ Don't do a back dive. Backyard pools are not built for this dangerous dive.
- ✗ Don't try fancy dives; keep your dives simple.
- ✗ Don't dive or slide headfirst at or through objects, such as inner tubes.