

Basic rules for safe diving

FIVE FINGER RULE:

Thumb: Check the pool (shape and depth)
Forefinger: Check for objects (up and down)
Middle finger: Plan your dive path (in and out)
Ring finger: Spring (test the spring)
Pink : Jump in deep first (first time)



Explanation:

1. Know the water's depth and the shape of the pool bottom including the upslope.
2. Check for objects at the bottom of the pool and remove them including objects that can obstruct safe diving on the surface. Even small objects look bigger underwater and can disorientate people that are not used to diving, especially children.
3. Plan your dive path. Always make a shallow dive and steer up. You'll see that shallow diving is an art and gives the most satisfaction.
4. Test the board for spring first before taking a jump into the pool! Walk towards the top of the board, feel its instability (it bends), learn how it reacts on small jumps first.
5. Jump in deep first in any pool you do not know.
6. Before you dive, you want to plan your dive path, so you are going to visualize 'where you are going in the water?', 'how you are going to take a shallow dive?' and by steering up, 'where you will come out of the water?', 'Is there enough space?', 'Is there anybody in your dive path?', 'Is there an object that could hinder your movement?'
7. Place your feet at the top of the board, keep your legs together and let your toes exceed the board for better grip, put your arms above your head to protect it, keep your stomach tight, bend over and dive.
8. Never dive into shallow water, that's where most accidents occur.
9. Don't dive off the side of the board. Don't risk hitting your head on the side of the pool. Always dive straight ahead.
10. Don't run and dive.
11. Don't do a fat dive or fancy dive. Keep the dive simple.
12. Always dive away from the board.

Enjoy !

