



Swimming Australia

Dive Entry Policy

Review History of Swimming Australia's Dive Entry Policy

<i>Version</i>	<i>Date endorsed</i>	<i>Content reviewed/purpose</i>
<i>Original Version 1.0</i>	<i>February 2013</i>	<ul style="list-style-type: none">• <i>Original version</i>
<i>Version 2.0</i>	<i>December 2021</i>	<ul style="list-style-type: none">• <i>Updated policy to reflect Royal Life Saving Australia Guidelines for Safe Pool Operations</i>

Purpose

The purpose of this policy is to inform swimming clubs, swimming facilities and / or swimming coaches, officials and swimming and water safety teachers of Swimming Australia's position in relation to competitive dive starts for competitors during competitions and training for competition.

This policy does not relate to dive entry for novice or recreational swimmers, dive entry without supervision of a coach, official or swimming and water safety teacher or dive entry for open water environments.

The policy relates to dive entry into swimming pools that meet all health industry standards for water clarity and visibility.

Royal Lifesaving Australia's [Guidelines for Safe Pool Operations](#) – AP13 Supervision of Safe Water Entry (Diving) for Recreational Swimming should be consulted for guidance on other pool entry requirements.

Definition

Competitive dive start is defined as entry into water from the side of the pool (flush or raised) or from a starting block for the purpose of starting a swimming based competition or training for a swimming based competition.

Starting blocks (starting platforms) are defined as raised platforms at the edge of a swimming pool, located in line with the mid-point of each swimming lane, for the purpose of competitive swimming water entry and may also be used for housing the backstroke start handgrips.

Preparation guidelines

The following guidelines must be followed prior to undertaking dive entry for competition or training activities:

- Prior to participating in swimming events swimmers should be advised and warned of the water depth into which they may be required to enter during the course of any competition
- Swimming dive entry activities into a water depth less than 1.8m must be supervised by an accredited swimming coach or under the control of an accredited technical official
- A risk assessment checklist must be undertaken prior to the undertaking of dive entry activities at all pool facilities where the coach, technical official or swimmers are unfamiliar with the venue or the current facility conditions
- Swimmers must be able to consistently demonstrate shallow dive entry technique in water above 1.8m in depth and deemed competent in dive techniques before undertaking dive entries at minimum Swimming Australia guideline depths.
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Dive entry depth guidelines

- 1) In water less than 1.0 meters dive starts should not be permitted and all events should be commenced in the water.
- 2) In water depths 1.0 meters to less than 1.2 meters:
 - Competitive dive starts may be permitted from concourse or platform level, providing the concourse or platform is no more than 400mm above the water surface.
- 3) In water depths 1.2 meters to no greater than 1.35 meters:
 - Competitive dive or platform dive starts may be permitted from concourse or platform level, providing the concourse or platform is no more than 750mm above the water surface.
- 4) In water depths 1.35 meters or greater, competitive dive starts may be permitted from a maximum height of 750mm as per **FINA Rule FR2.7**.

Shallow water starts in competition

If the water depth at the start end prevents compliance with the rules relating to dive starts, all competitors shall commence the race in the water and shall be positioned in the water with one hand on the wall and shall have both feet on the wall.

In relay races where the water depth is less than 1.0 meters the changeover shall be from the water, with the competitor having one hand and both feet on the wall at the point of changeover.

Application

Swimming Australia will utilise this policy to inform clubs, coaches, facility operators, officials and facility owners of the adopted position of the sport. As such the policy will be:

- Displayed on the Swimming Australia website for reference
- Distributed to Member Organisations, officials networks and club networks
- Utilised as the reference point for responding to all enquiries from clubs, facility operators, swimming officials and facility owners on specific swimming pool dive entry circumstances
- Applied to discussion with aquatic industry peak bodies in relation to the application of common standards where Swimming Australia is not directly involved.

References

- Guideline FOR Safe Pool Operations – AP12 Supervision of Safe Water Entry (Diving) for Competition and Facility Design Section
- Dive depth and water depth in competitive swim starts, J Blitvich et al, 2000
- FINA Facility Rules 2015 - 2017. FINA, Lausanne
- Safe Diving Practices: Competitive Applications (Keith McElroy), J Blitvich et al, 1999
- Teaching Swimming and Water Safety – The Australian Way, 2nd Ed, 2008, Mosby
- GSPO Guideline Qualifications For Providing Safe Aquatic Programs.