



DO

- Ensure that your diving board is properly installed and be sure the board is appropriate for the pool size and type.
- Keep the deck of the pool clear from all obstacles and debris that may interfere with diving and swimming safely.
- Jump into the water feet first before your first dive to test both the water's depth and shape of the pool bottom.
- Test the diving board for its spring before using.
- Plan your diving path to avoid submerged obstacles, surface objects and other swimmers.
- Practice carefully before you dive.
- Dive straight off the end of the diving board, rather than to the side.
- Hold your head up, arms up and steer up using your hands as soon as you enter the water.
- Provide adult supervision to all children who are diving.
- Dive only when there are other people present in case of an accident.
- Inspect your diving board daily for hairline or facial cracks anywhere on the board
- Clearly post diving rules near the diving board stating proper use.

DON'T

- Dive from any place that is not specifically designed for diving.
- Dive head first into the shallow end of the pool.
- Dive across the narrow side of the pool.
- Dive off the side of the pool.
- Attempt trick or back dives.
- Dive into a pool off ladders, rooftops, ledges, balconies or any other objects that are not designed specifically for diving.
- Dive into an above-ground pool.
- Push or shove around the pool's edges or diving board area.
- Use alcohol or drugs while swimming and diving.
- Swim or dive alone.