

SWIM WALES SAFETY STATEMENT

TEACHING AND COACHING DIVING ENTRIES

Diving into a swimming pool is an advanced swimming skill and should only be taught or coached by someone with appropriate qualifications and experience. Impact with the pool floor can cause potentially life changing injuries.

Qualifications:

- **Clubs:**

A certified Swimming Coach (or equivalent) i.e. holding the Swim England Swim Coach or Swim Wales, Coaching Certificate (Swimming) is required to be present when a diving session is undertaken from any raised platform (e.g. a starting block).

For those coaches holding the Swim England, Assistant Swim Coach certificate (or equivalent) this does **not** qualify the individual to coach diving within a training session. The course covers the basic elements of the Competitive Start enabling the Assistant Swimming Coach (or equivalent) to deliver diving only under the guidance and supervision of a Certified Swimming Coach (or equivalent), as highlighted above.

An SEQ Level 2 Teaching Swimming (or equivalent) qualified individual attached to a club **can** undertake the teaching of a plunge dive. However, they are not qualified to teach participants to dive from any raised platform (e.g. Starting block).

- **Learn to Swim Providers**

An SEQ Level 2 Teaching Swimming (or equivalent) qualified individual **can** undertake the basic skills of teaching diving up to a plunge dive, but they are **not** qualified to teach from any raised platform (e.g. Starting block).

An SEQ Level 1 Swimming Assistant (Teaching) qualification (or equivalent) does **not** allow the individual to teach diving.

Training:

The Swim Wales Starts and Turns CPD is aimed at both SEQ Level 2 Teaching Swimming qualified individuals and those who hold the Swim England, Assistant Swim Coach certificate within the competitive club environment, looking to develop their knowledge of how to teach/coach starts and turns.

This CPD gives learners the understanding needed and ability to teach/coach diving entries within a Learn to Swim/Competitive Club environment and covers all the progressive steps from a streamlined push and glide to a racing dive from a diving block as well as safety aspects to take into consideration.

In addition, this workshop covers relevant skills needed for relevant stroke turns and all the elements that make up a turn and the different skills needed to perfect the turn.

*Please note that a certificated Swim England, Assistant Swim Coach, will still need to have **another suitably qualified** person on poolside, when coaching these relevant skills in a training session i.e. Swim England Swim Coach, Swim Wales Coaching Certificate (Swimming) or a Level 2 Teaching Swimming, who has completed this CPD.

Safety Considerations:

The headfirst nature of diving means that it must be risk assessed and always fully supervised, with participants also being made aware of its potential dangers.

Safety considerations include:

- The depth of the water where the entry is being made
 - Teaching of diving should not take place with a vertical depth of less than 1.8m during Learn to Swim sessions.
- The height of the freeboard (height of the poolside above the water)
 - Diving and jumping should not be permitted from the poolside where the freeboard exceeds 0.38m.
- The age, height and health/medical condition of the person making the entry
- Pool space
 - Diving should not be allowed in pools where there is a forward clearance of less than 7.6 metres.
- Organisation and discipline
 - Spacing the participants out sufficiently
 - Ideally participants should not wear goggles when learning to dive
 - Participants should be stationary on the poolside – no running and diving, with care taken in the position of the feet i.e. toes over the edge.

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