

Diving

The planning considerations that are common to all curriculum activities can be found in the [CARA generic template](#). These must be considered as well as the activity-specific considerations outlined below.

Activity scope

This guideline relates to student participation in platform and springboard diving as a curriculum activity, including skills development, training and competitions.

Refer to the [Swimming in pools](#) activity guideline for additional requirements associated with this activity.



Mandatory requirements

Mandatory requirements must be met for the activity to be conducted.

- Ensure students have reached a competent level of swimming and water safety.
- Adhere to the [Diving Queensland Child Protection Risk Management Policy](#).
- Establish and implement procedures for emergencies such as injury (e.g. [head injuries](#)) and first aid, resuscitation, communication, emergency service contact details and supervision/safety detail of students that are appropriate to the activity.
- Induct students on emergency procedures, safety procedures (e.g. signaling for distress, entry/exits) and correct technique (progressing diving skills through stages of difficulty) to prevent injury.

Risk level

High risk: Teaching of platform and springboard diving skills, training and competitions.

Supervision requirements

- Meet the *Supervision requirements* in the [Swimming in pools](#) activity guideline.
- Consider the age/size/ability/maturity of students in the supervision ratio decision. Principals make final decisions about the supervision requirements.

Qualifications for supervisors

The adult supervisor responsible for teaching of diving must:

- Meet the Qualifications for supervisors in the [Swimming in pools](#) activity guideline.

AND EITHER

- Be a registered teacher in Physical Education (PE) or equivalent with competence (knowledge and skills) in the specialist area of teaching diving, if the diving board is no higher than 1 meter.

OR

- An adult supervisor other than a registered teacher with a [Level 1](#) coaching accreditation with Diving Australia (up to 5 meter diving board height), working under established safety procedures and the direct supervision of a registered teacher.

Requirements for facilities and equipment

- Meet the requirements for facilities and equipment in the [Swimming in pools](#) activity guideline.
- For support in conducting competitions, please refer to [Fédération Internationale de Natationale \(FINA\) facilities rules](#).

Hazards and controls

Before the activity

Hazards	Control measures
Considering environmental conditions	<ul style="list-style-type: none"> • Check the weather forecast (Bureau of meteorology) to determine an appropriate site for the activity, if using an outdoor facility. • If power is required, use portable safety switches where there are no residual current devices installed.
Accessing facilities and using equipment	<ul style="list-style-type: none"> • Check facility for adequate lighting and water temperature. • Correctly adjust fulcrum of the springboard before use. Adjustments must be made using the foot wheel.
Managing student considerations	<ul style="list-style-type: none"> • Conduct a warm up session.

During the activity

Considering environmental conditions	<ul style="list-style-type: none"> • Cease activities when environmental conditions tend towards becoming unfavourable (e.g. lightning), if using an outdoor facility. • Ensure no electrical cords are used near water.
Managing student considerations	<ul style="list-style-type: none"> • Prevent distractions (visible or audible) to the diver when dives are being attempted. • Allow only one person on the board at a time. • Clear the water entry area before diving. • Ensure divers swim directly back to pool side under the board. Do not allow student to wait in the water entry area where they may be injured by following divers. • Continually check for under the diving board. • Ensure no-one moves across the diver's line of vision as they prepare to dive.

Additional links

[Diving Australia](#)
[Queensland Academy of Sport](#)

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