



Diving Board Rules

- 1) Swimmers under 16 must pass the deep-end test.
- 2) Ensure the area is clear of swimmers before diving or jumping off the diving board.
- 3) Jump straight off the end of the diving board, no flips.
- 4) One person on the diving board at a time.
- 5) One bounce on the diving board.
- 6) Do not hang on the end of the diving board.
- 7) Do not move the diving board fulcrum.
- 8) Upon entering the pool, move out of the diving area immediately.
- 9) All normal pool regulations apply.