

---

# MEMBERS HANDBOOK

---

**An introductory manual for the  
members of Diving  
Queensland, including the  
rules for conducting events  
and competitions**

---

## CONTACT

### **The Board Members of Diving Queensland** *(Correct as at last revision)* *(Queensland Diving Association Inc)*

- President** - Ana Croger  
**Vice President** - Damian Smith  
**Treasurer** - Anita Magee
- Board Members**
- Richard Bishop
  - Ben Fox
  - Sara Cameron
  - John Davis
- State Administrator** - Toni Toohey *(non-voting)*  
*\*All contact and correspondence is to be made via the CEO*
- Staff** - SA – Toni Toohey – [admin@divingqld.org.au](mailto:admin@divingqld.org.au)
- Competitions Committee:**
- Competitions Director - Toni Toohey  
Technical Coordinator - Stuart Graymore
- Clubs**
- **Chandler Diving Club** (Brisbane)
  - **Paradise Diving Club** (Gold Coast)
  - **R.A.P.S Diving Club** (Brisbane & Kawana)

#### **Contact:**

PO Box 1088  
Carindale Qld 4152

Sleeman Sports Centre  
Cnr Old Cleveland & Tilley Roads  
Chandler Qld 4155

**Mobile:** 0437 432 435

**Email:** [admin@divingqld.org.au](mailto:admin@divingqld.org.au)

**Web Site:** [www.divingqld.org.au](http://www.divingqld.org.au)

---See also the Member Protection Policy for any additional information---

## DIVING QUEENSLAND RULES for COMPETITION

As at April 2021

This Handbook should be read in conjunction with all other policies and procedures on the DQ website as amended from time to time.

### Glossary of Terms

#### Definitions

- Competitive Diver (CD) means a Diver who is registered as a Competitive Diver and able to
- compete at Diving Queensland (DQ) Competitions and / or Diving Australia (DA) Championship events.
- Recreational Diver (REC) means a Diver who is registered to compete in Novice events.
- Novice diver means a diver who is registered as either a REC or CD, but not yet at a standard to qualify to compete at a State or National level.
- Board means springboard – 1 or 3 metre, and platform – 5 metre, 7.5 metre or 10 metre.
- An “Invitation” Diver (Guest) is a Diver who is registered as a CD of another State, Territory or Country.
- Competition means Diving Queensland
- Qualifying Competition and / or State Championships.
- Entry Fees means the Competition nomination fees as determined by DQ.
- DD (degree of difficulty) means a formula given to every dive based on difficulty of that dive as set by FINA.
- Age means what age a diver is as at the 31<sup>st</sup> December of the year in which the national event occurs.

#### Groups

Refer to the DA National Championships Qualifying Standards for all qualifying requirements.

- **Open** - Open Divers can only qualify for National Open Championships with the required minimum DD.
- **Elite Junior** – Junior “D” (11 and Under); Junior “C” (12-13 years); Junior “B” (14-15 years), Junior “A” groups (16-18 years), & NEPP Level 1 & 2.
- **Age** — 11 and Under; 12-13 years; 14-15 years; 16-18 years, 19-24 years, 25-34 years, 35-49 years & 50+ years.
- **Novice** - Novice divers will dive in a mixed competition.

There are three Novice levels:

- Novice Level 1 - 3 dives from a DQ Set list, 1 metre only (DD – 1.0 only)
- Novice Level 2 - 4 dives from at least 3 different groups from 1 metre and/or 3 metre springboards (FINA DD).
- Novice Level 3 - 19+ years – 4 dives from at least 3 different groups from 1 metre and/or 3 metre springboards (FINA DD).

#### Novice level 1

This is an entry level event

Purpose: This event focuses on skill rather than performance.

Cost: \$20 nomination fee

DQ registration requirements: Divers entered in this event must have current registration with Diving Queensland as a Recreational diver prior to the competition they wish to compete in.

## Rules

1. This is a mixed event (boys and girls combined)
2. This is a combined age event
3. 3 dives per diver on 1 metre springboard only \*\*
4. D/D of 1.0 for ALL dives
5. ANY group can be used from the list of compulsory dives
6. Can compete at DQ qualifying competitions (excluding Age State Champs)
7. The “Arms above the head rule” does not apply for Level 1 Novice Events ONLY

\*\*The 3 dives will be chosen from this compulsory dive list: 10 - forward entry standing (fall in); 20 - back entry; 100 - forward jump (with or without hurdle); 200 - back jump; 7101 (forward dive) a, b or c; or 7401 (Inward dive) a, b or c.

Novice level 1 competitors will receive a participation ribbon. Place getters will be acknowledged but will receive the same ribbon as other competitors.

### **Novice level 2 (up to 18 years), and Novice level 3 (19+ years)**

This is a modification to the current novice event

Purpose: For divers that are “not quite ready” and may not enough dives to qualify for nationals.

Cost: \$20 nomination fee.

DQ registration requirements: Divers entered in this event must have current registration with Diving Queensland as a Recreational diver prior to the competition they wish to compete in.

## Rules

1. This is a mixed event (boys and girls combined)
2. This is a combined age event
3. 4 dives from 3 groups
4. D/D as per FINA rules
5. Divers enter a mixed board event (1 metre only or 3 metre only, or combination of both)
6. Can compete at all DQ qualifying competitions (excluding Age State Champs)

For Novice level 2 and Novice level 3, placegetters will receive 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> ribbons, and participation ribbons for all others.

### **Competition Season**

- The DQ Competition Season begins after the relevant National Championship and concludes at the end of the next same relevant National Championship.
- A Calendar of competition dates for the year will be available via the DQ website

### **Entry Conditions**

- All nomination fees & dive sheet entries are to be submitted electronically
- Qualifying Competitions – 4 days prior to Competition Day
- State Championships – 2 weeks prior to day 1 of Competition
- Competition Fees will consist of a nomination fee plus relevant board fee(s) as determined by DQ
- Late nominations may be accepted up to 24 hours after the deadline with payment of a late fee
- Dive sheet changes can be submitted up to 24 hours prior to the start of the first competition event. At the discretion of the DQ competitions committee, dive sheet changes may be accepted after the 24 hour deadline provided it is accompanied by a fee of \$40.00.

- It is a requirement that each competing Club provide a minimum of two (2) judges (level 2 or above), and three (3) table volunteers.

## **Awards**

### **Qualifying Competitions**

DQ Ribbons will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in each event contested, except for any Novice Level 1 Competition, where ribbons marked 'Competitor' will be awarded.

### **State Championships**

- Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places, provided that 80% of the Qualifying Score is achieved.
- A Diver competing by 'invitation' is also entitled to receive a DQ medal if they place 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>, however, they cannot hold the State Title.
- Perpetual trophies are awarded annually and remain in the DQ office. A replica trophy is presented to the recipient to keep.

## **General**

1. All divers competing to qualify for a national competition in a Diving Queensland Competition, must be registered as a Competitive Diver prior to the competition they are entering. Age, Elite Junior and Open Divers may qualify at all DQ Qualifying and/or State Championship competitions if they have the required dive list, and provided DQ have sufficient Judges at the required DA standard
2. All qualifying competitions run by DQ will be conducted in accordance with DA rules, unless otherwise advised by the DQ competitions committee.
3. There must be a minimum of two (2) clubs competing at an advertised DQ Competition and no less than twelve (12) competitors before the commencement of competition. DQ reserves the right to conduct an advertised Qualifying Competition for one (1) Club, provided the following criteria are met.
  - a) The attending Club has Divers still requiring qualification for a National Championships
  - b) A minimum of (12) competitors nominate
  - c) The majority of Judges are associated with a non-attending Club
  - d) To assist to cover the costs of conducting such a qualifying competition, the attending Club will be responsible for the balance payment where revenue from competition fees does not meet the DQ expenditure e.g. pool hire
  - e) In extenuating circumstances, the Competition Committee reserves the right to adjust this rule (*Rule 3*) as necessary
  - f) DQ reserves the right to cancel any Qualifying Competition should the minimum requirements in Rule 3 not be met.

## **Appeals**

- In the case of any appeal, correspondence in the form of an email must be sent to both the Competitions committee director ([competitions@divingqld.org.au](mailto:competitions@divingqld.org.au)) and the CEO ([admin@divingqld.org.au](mailto:admin@divingqld.org.au)) within 48 hours of the end of the competition. An urgent meeting will be held by the Competitions committee, and a response advising the outcome of the appeal will be provided as soon as practical or within seven (7) days of receiving such appeal.

## **Special Considerations**

- If a Diver requests special consideration to attend any National event due to non-qualification on one or more Boards, requests **MUST** be made to the **DQ Competition Committee** by the divers' club, stating the reason for the consideration being sought.
- If a Diver has been diving at the Elite Junior level and wishes to compete in the Age group competition, the Diver is required to submit a request in writing to the DQ Competition Committee for consideration to change categories, at least (2 weeks) prior to the Qualifying event in which they wish to compete. Such consideration is at the absolute discretion of the DQ Competition Committee.

*NB: This document is subject to alteration as required*

**END (of Rules for Competitions)**

## **Diving Queensland InterClub Tournament**

One Team per Club

Each Team consists of 3 divers

Age Groups – (16+), (13 – 15), (12 & under) - age as at 31<sup>st</sup> December

Each competition consists of 3 rounds

**Cost: No charge – Diving Queensland subsidises this event 100% for all teams involved.**

### **Round 1**

Each diver dives 1 dive from 1m, 3m or Platform

### **Round 2**

Each diver dives 1 dive from 1m, 3m or Platform

### **Round 3**

From the nominated team, a synchro pair will dive 1m dive or 3m only.

#### **Rules**

1. Each team must consist of a diver from each of the 3 age groups.
2. Total DD per **TEAM** for each of round 1 & 2 is **5.4**
3. Synchro dive DD will be 2.0
4. Dive sheet for each team must be completed prior to the start of the days' events.
5. If a club is unable to have 3 members present at any given competition, a diver can be 'borrowed' from another club or a diver may dive in the age group above them. If a club chooses to select a diver in accordance with this clause 5, the club must first notify the DQ Competitions Committee.
6. All points will be allocated to the team the diver is competing for, however all points earned by the borrowed diver will be kept by the diver themselves and used for their individual scores.
7. All competitors must compete in the Qualifying competition on that day to be eligible.

Team members must be registered with Diving Queensland as either Recreational Diver (Level 2 novice) or Competitive Diver. Club divers only (no institute or elite pathway divers).

The winning Club will be the team with the highest accumulated dive points at the end of the competition season. (August to August) DQ qualifying competitions only.

If a diver is injured during the day, late replacement will be allowed as long as the replacement diver is in the same age group.

A trophy will be awarded to the winning club at the Diving Queensland Annual Awards function each year. Individual award(s) will be awarded.

Determining season placings for teams:

- 20 points are awarded per club for nominating a team (more than one team from a club can participate, but only the highest scoring team points will be used).
- Place points are 20 points for 1<sup>st</sup> place; 15 points for 2<sup>nd</sup> place, and 10 points for 3<sup>rd</sup> place
- Nominating points plus place points are added to the team final score.
- Points accumulate for the duration of the season.

Determining individual placings:

**Dives 1 and 2 individual scores are added for each diver throughout the season for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. Certificates will be awarded for all participants.**

## **POOL DECK RULES FOR ALL COMPETITIONS held at Sleeman Sports Complex**

Diving Queensland has implemented a clear deck policy to ensure the safety of divers, coaches and officials and to further assist in ensuring the integrity and safety of DQ events.

- No persons are permitted to enter the pool area until the facility is officially opened by pool staff.
- Bags and equipment of individual divers are prohibited on the pool deck at all times.
- Personal effects of officials are to remain in the area defined by the Competition Director at the start of the event.
- During events, the only members permitted on pool deck inside the 1 metre side boards are Officials, Coaches and divers.
- Members allowed beyond side boards on 1 metre side of the pool between events are Officials, Coaches and divers receiving awards.
- Divers receiving awards should marshal in the marshalling area defined by the Competition Director and only move beyond the side boards when called on by an official to receive their awards.
- Children **must not** approach parents at the officials table during an event. Any urgent messages for parents may be conveyed by another official.
- At the commencement of a competition the clear deck policy **must** be read over the public address system. An Official will be nominated at the beginning of each competition to maintain rules and to liaise with the Competition Director if rules are not followed.
- Each club must also notify divers and parents of Diving Australia's Diving Etiquette and these rules prior to, and during any events.
- Should an accident occur, only DQ officials and pool staff may approach the injured individual.
- No Food is to be prepared, sold or distributed from the grandstand. Clubs are requested to seek formal approval from DQ (as hirer of the pool) as well as Sleeman Sports Complex should they wish to cater for their divers and club members.
- Club banners may only be displayed in the western stand (the 3 metre side).
- No seating is permitted in the Eastern stand (the 1 metre side) on competition days, unless notified by the DQ Competitions Committee.

*END of Pool Deck Rules*

## ANNUAL AWARDS and RATIONALE

Diver of the Year awards will be decided annually based on the following categories and criteria:

- |                                      |  |
|--------------------------------------|--|
| ▪ Open Male Diver of the Year        | ▪ Girls 14-15 Age Diver of the Year      |
| ▪ Open Female Diver of the Year      | ▪ Boys 12-13 Age Diver of the Year       |
| ▪ Boys Junior "A" Diver of the Year  | ▪ Girls 12-13 Age Diver of the Year      |
| ▪ Girls Junior "A" Diver of the Year | ▪ Boys 11 & Under Age Diver of the Year  |
| ▪ Boys Junior "B" Diver of the Year  | ▪ Girls 11 & Under Age Diver of the Year |
| ▪ Girls Junior "B" Diver of the Year | ▪ Male Diver of the Year 19-29           |
| ▪ Boys Junior "C" Diver of the Year  | ▪ Female Diver of the Year 19-29         |
| ▪ Girls Junior "C" Diver of the Year | ▪ Male Diver of the Year 30-49           |
| ▪ Boys 16-18 Age Diver of the Year   | ▪ Female Diver of the Year 30-49         |
| ▪ Girls 16-18 Age Diver of the Year  | ▪ Male Diver of the Year 50+             |
| ▪ Boys 14-15 Age Diver of the Year   | ▪ Female Diver of the Year 50+           |

### Glossary of Terms

- DQ Competition Season – DQ Qualifying Competitions; State Championships; and/or Australian Championships. The new Competition Season begins following the Australian Championships for each applicable category and concludes at the end of the next Australian Championship for that same category. Interstate Competition results are not included when allocating Diver of the Year points.
- Boards – 1 metre; 3 metre; Platform (*Platform is 5 m; 7.5 m and or 10 m*)
- Qualifying Scores – As directed in the Selection Policy Guidelines published annually by Diving Australia
- Medal Bonus Points – (see below)

### General

- All competing athletes will have their scores recorded following each event in which they compete during the DQ Competition Season.
- Where possible, Awards will be presented at a function especially organised for that purpose.

### Criteria

- Divers must compete in both Queensland Championships and the relevant National Championships to be considered for Diver of the Year awards.
- Awards will be calculated based on final places in individual events at a minimum two (2) DQ Qualifying events plus DQ State Championships and the relevant National Championships

### Points Allocations for Diver of the Year

- a) The divers' highest two (2) scores from two (2) different boards from the DQ Competition season are determined. The difference over and above the divers predetermined qualifying score is divided by the number of dives performed in each event to give a score which is then included in the overall total.
- b) The top two (2) scores that have been calculated this way are added together with National Championships and State Championships Medal Bonus Points to give the overall total.
- c) Medal Bonus Points are awarded only for individual events and only if the qualifying scores are met, therefore points cannot be achieved in synchronised events

### Medal Bonus Points:

Australian Championships: 1<sup>st</sup> place - 20 points; 2<sup>nd</sup> place - 16 points; 3<sup>rd</sup> place - 12 points; 4<sup>th</sup> place - 8 points; 5<sup>th</sup> place - 4 points. Points are allocated for the actual place achieved e.g. 1<sup>st</sup>, 2<sup>nd</sup>, etc.

Queensland Championships: 1<sup>st</sup> place – 6 points; 2<sup>nd</sup> place – 4 points; 3<sup>rd</sup> place – 2 points. If there are less than three competitors in any event, points will be halved. Points are allocated for the actual place achieved e.g. 1<sup>st</sup>, 2<sup>nd</sup>, etc regardless of other non-Queensland competitors.

In the unlikely occurrence that a Tie exists, a comparison of the Divers total points achieved in all their respective National Championship events (e.g. 335 on 1 metre + 350 on 3metre + 330 on platform = 1015 points). Should a Tie still exist, the Diver who competes on 3 Boards will be entitled to a Tie breaker calculation based on the



best two results. In the event, there is more than one diver competing 3 boards, the tie break points calculation process will be used.

## **Other Awards Rationale**

### **Queensland Male/Female Diver of the Year**

These awards (1x male and 1 x female) will be awarded to the outstanding male and female Divers who have participated Internationally. If more than one male or female athlete becomes eligible for this award, then the best results from the competitions in which they have competed will decide the winner.

### **Club of the Year** – *from Nominations received– only where there are 4 or more Clubs affiliated with Diving Queensland*

Nominate a Club that deserves recognition for the efforts it has achieved throughout the year. Areas may include: results, number of members, percentage increase in membership over the last 12 months, how the club has promoted the sport of diving through areas such as media or open days, advancement of coaches or any other reason DQ considers relevant at its discretion.

Nominations require a short paragraph regarding the club's eligibility.

### **Encouragement Award** – *from Nominations received*

This award is applicable to Age group Divers only.

Coaches (only) are to nominate a Diver who in their opinion, has demonstrated their potential to progress to a higher level or their commitment to the sport and/or their fellow divers through their leadership and compassion.

Nominations require a short paragraph outlining the athlete's eligibility.

### **Volunteer of the Year** – *from Nominations received*

Members or club delegates may nominate a volunteer who has contributed over and above others with their commitment, time, and effort to the sport of diving.

Nominations require a short paragraph outlining the volunteer's eligibility.

### **Best New Talent-** *decided by the results collected*

Rookie of the year is awarded to the diver with the best results who is competing at any of the Australian national events for the first time. This will mean that as a Diver progresses through the sport, they will become eligible for this award when they enter a different national championship to any previously entered.

### **Outstanding Achievement Award** – *decided by the results collected*

This will be awarded to a Diver who has achieved an outstanding result at an international event that they are attending for the first time. Like the Rookies Award, divers become eligible for the award as they attend different events (World Junior; World Cup; Grand Prix; Commonwealth Games; Olympic Games etc). If more than one diver achieves an outstanding result in the same 12 month period, either more than one award may be awarded e.g. one male and one female, or the diver from the higher recognised event e.g. Olympics is ranked higher than the Grand Prix events. The panel making the selection of this award is entitled to decide any variances at its discretion.

**Special Recognition Award** – This award highlights exceptional performance by a Diver where acknowledgement should be made, but may not fit within our awards structure. This is not an annual award but can be decided upon as and when such performance is achieved.

*NB: This document is subject to alteration as required*

**END** (of Annual Awards and Rationale)

## DQ Selection Policy

### State Team Challenge at DA Age National Championships objectives

The primary objective of the DQ Selection policy is to ensure that athletes chosen are of the highest possible standard and can perform to the best of their ability for Queensland.

To be an eligible member for consideration for selection in the QLD State Team Challenge, athletes must be:

- Registered members of Diving Queensland in the category of Competitive Diver.

Taken into consideration will be recent performances at, but not limited to:

- DQ qualifying events
- DQ Age State Championships
- Any other events or training

Meeting the selection criteria does not qualify an athlete for final team selection. The selection of the State Team is at the discretion of DQ. This discretion is absolute and need not be exercised

### Special consideration

DQ may in its discretion, consider an athlete for selection where the athlete has not participated in specified competitions.

The team or squad members, wherever possible, should be advised to the Board one week prior to the Age National Championships in writing via email prior to notifying athletes and/or clubs. This will include team members by age group if applicable, the State Team coach, and any listed reserves in the event that a team member becomes unavailable. Upon acceptance of the team by the Board, the CEO will officially announce the team by notifying team members, and clubs/coaches. Reserve names will not be announced.

All questions concerning any aspect of selection must be in writing and addressed to the DQ Board and CEO.

## **Diving Queensland Guidelines for Coach, Athlete and Training. Pool Usage Etiquette**

**Purpose - to ensure that all training sessions are conducted with safety in mind and promote enjoyment for the divers.**

### **Guidelines for Coaches:**

- Coaches must be on time for all training sessions.
- Coaches should be professionally and appropriately dressed for every training session.
- Coaches must never be alone with an underage diver.
- Any physical contact with a young person should be appropriate to the situation and necessary for the Diver's skill development.
- Coaches need to explain to both the athlete and the parent that the coach may need to touch (manually handle) the diver from time to time to assist with correction. Manual handling should be at a minimum and appropriate for training.
- Respect the rights, dignity, and worth of every young person regardless of their gender, ability, cultural background, or religion.
- Respect must be shown for all divers – not just those in your club program.
- Discuss any problems about the behaviour of a diver from another club with the club coach – not the diver.
- Respect other coaches and work with them to ensure safe and equitable training sessions.
- Avoid any public criticism of another coach. If you have any concerns about the behaviour or coaching practices of another coach:
  - Firstly, attempt to address the problem directly with the coach.
  - If you consider your concern is not treated appropriately raise the concern with the Diving Queensland CEO.
- Harassment of any nature is not tolerated. Respect must be shown to ALL including coaches, parents, divers, officials and volunteers.
- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young Diver for making a mistake or not coming first.
- Be reasonable in your demands on Divers' time, energy, and enthusiasm.
- Operate within the rules, spirit of your sport, and teach your Divers to do the same.
- Ensure that the time Divers spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- All divers need and deserve equal time from their Coaches.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all Divers.
- Display control, respect, and professionalism to all involved within our sport. This includes opponents, coaches, officials, administrators, the media, parents, and spectators. Encourage your Divers to do the same.
- Show concern and caution toward sick and injured Divers. Follow the advice of a physician when determining whether an injured Diver is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- An accredited coach must be in attendance before any diver commences training.

**Guidelines for Clubs:**

- It is rare for one club to have complete use of a pool and / or dryland facility without having to share the equipment.
- Clubs should develop strategies to ensure that access to all equipment occurs on an equitable basis.
- See Diver and Coach etiquette.
- An accredited coach must be in attendance before any diver commences training.

**Guidelines for Athletes / Divers:**

- Play by the rules.
- Never argue with an official. If you disagree, have your coach, or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other athletes, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your Squad. Your Squad's performance will benefit so will you.
- Be a good sport. Applaud all good dives whether your team or the opposition makes them.
- Treat all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor
- Cooperate with your coach, teammates, and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity, and worth of all participants regardless of their gender, ability, cultural background, or religion.

**Diver Etiquette:**

- An accredited coach must be in attendance before any diver commences training. This applies to all training sessions.
- After each dive, swim quickly back under the springboard or platform. Clear the entry point area before getting feedback from your coach.
- If the coach is not paying attention allow another diver to go through.
- Baulking should be kept to a minimum.
- Distracting or noisy behaviour will not be tolerated.
- Divers must not flick their chamois at other divers. This is a health and safety issue as well as a distraction to other divers.
- When using platforms which are above or below other platforms, divers must make sure they have right of way before diving – wait for the coach to signal.
- Only one diver should be on the springboard at a time. Other divers must clear the board out of the diver's line of focus.
- Do not walk or stand in front of a coach on pool deck to obstruct their view when coaching.
- Be respectful of other divers in the queue – it is not acceptable to push in.
- Dipping or double bouncing another diver is not acceptable and is a safety issue.
- Avoid discussing or commenting on another diver's dive. Positive appraisal is encouraged. Leave the coaching to the coaches.
- All mats and equipment must be returned and put away neatly at the end of each warm-up and/or training sessions.
- Divers should show respect at all times to other divers, coaches, pool personnel, parents, officials and spectators.

**END** (of the Guidelines etc and Pool Etiquette)