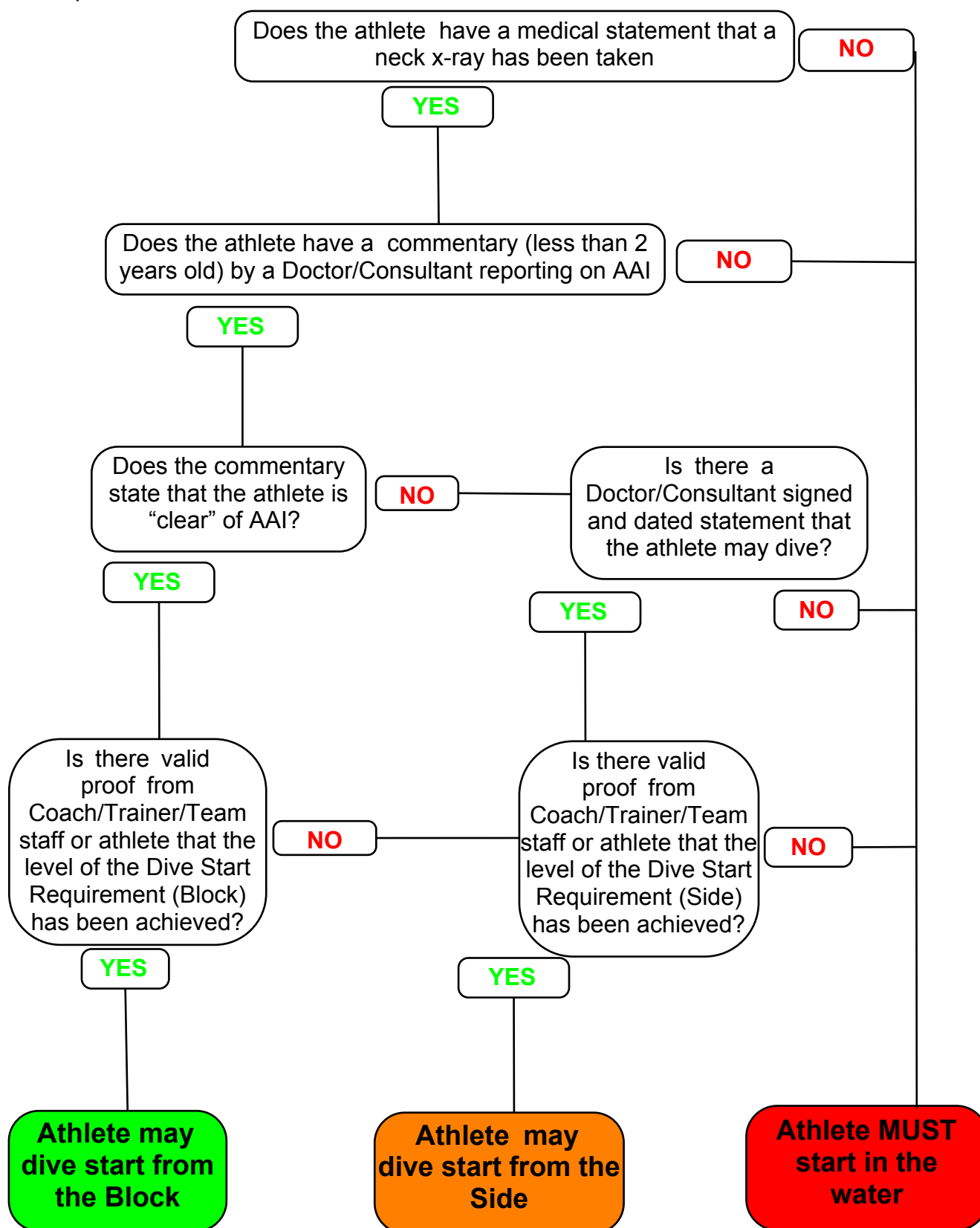


# PERMISSION TO DIVE START – DSISO RULES

The following flow chart, together with the associated forms and guidance on ability are to be used by ALL athletes wishing to dive start at DSISO-promoted championships and events.

Failure to provide any of the required documentation, in English, WILL result in the athlete being required to start in the water.



# **Dive Start Guidelines - Minimum Performance Requirements**

These Guidelines have been drawn from those in use by British Swimming to encourage safety when considering the dive start and from Fina Guidelines regarding depth of competition pools.

Assessment and validation is to be made by a swimming coach or swimming trainer.

## **Dive Start Test (Side)**

The depth of water is to be as minimum of 0.9m and a maximum of 1.5m, with a maximum free-board of 0.38m

The athlete is required to demonstrate that he/she is capable of performing the following activities from the Poolside under normal starting conditions in a proficient and safe manner.

1. Perform a shallow dive followed by a glide of at least 5m.
2. Perform a shallow dive followed by a front crawl leg kick to surface
3. Perform a shallow dive followed by a dolphin leg kick to surface
4. Perform a shallow dive followed by one breast stroke arm pull and leg kick to surface
5. Perform a track, grab or wind-up start followed by a glide for 5m

## **Dive Start Test (Block)**

This additional assessment is to ensure that the athlete has confidence in the use of the Block in achieving a dive start.

The depth of water is to be as minimum of 1.35 and a maximum of 2.0m, the height of the Block is to be a minimum of 0.5m and a maximum of 0.75m above the water surface.

In addition to the requirements of the Dive Start Test (Side), the athlete is required to demonstrate that he/she is capable of performing the following activities from the Block under normal starting conditions in a proficient and safe manner.

1. Perform a shallow dive followed by a glide of at least 5m.
2. Perform a track, grab or wind-up start followed by a glide for 5m
3. Perform a dive start followed by a front crawl leg kick to surface
4. Perform a dive start followed by one breast stroke arm pull and leg kick to surface

# DIVE START FORM

The purpose of this Form is to record the ability, or otherwise, of a named athlete to safely and proficiently achieve a dive start from either the side or the starting block in competitive swimming events.

It is the responsibility of the coach/trainer who signs this form to ensure that the named athlete is safe in performing the activities stated in the Dive Start Tests for DSISO. Coaches/trainers are encouraged to read the flow chart in the DSISO Handbook and to acquaint themselves with the requirement for medical approval for athletes **WITHOUT** clearance from AAI prior to commencing dive start training or to undertake the assessment.

This Form is to be completed for all athletes who wish to be permitted to use a dive start in DSISO promoted events.

The Form is to be completed in English

Failure to produce this Form, correctly completed, with an Entry for the International Championships will result in the named athlete being required to start all races in the water.

Athlete's Name ..... DSISO Reg No .....

Country ..... Club .....

Pre-Assessment Checklist (refer also to DSISO Flow Chart):

Medical commentary states "Clear of AAI" ..... Yes/No

If NO, does medical commentary give recommendation to allow diving? ..... Yes/No

If AAI Clear and/or medical commentary gives recommendation to permit diving .....

Assessment of Dive Start Test (**Side**) ...Pass / Fail....Date of assessment .....

Signature of coach/trainer .....

Name of coach /trainer ..... Qualification .....

Assessment of Dive Start Test (**Block**) ...Pass / Fail....Date of assessment .....

Signature of coach/trainer .....

Name of coach /trainer ..... Qualification .....

Signature of Parent/Carer/Responsible Person .....

Name ..... Date .....

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For Official Organisation use only: Received (Date) .....

Approved Technical Delegate (signature).....Date.....

Records annotated Technical Classifications (signature)..... Date .....