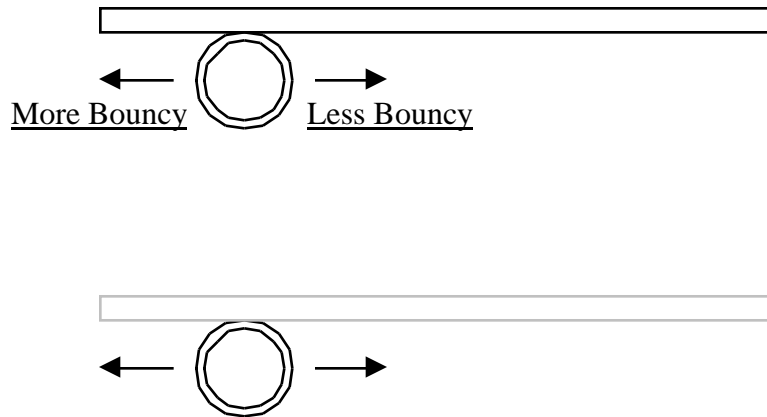


Diving Boards



Safety Concerns

- Injury on the diving board after jumping off
- Landing on top of another patron
- Injury when contacting the water

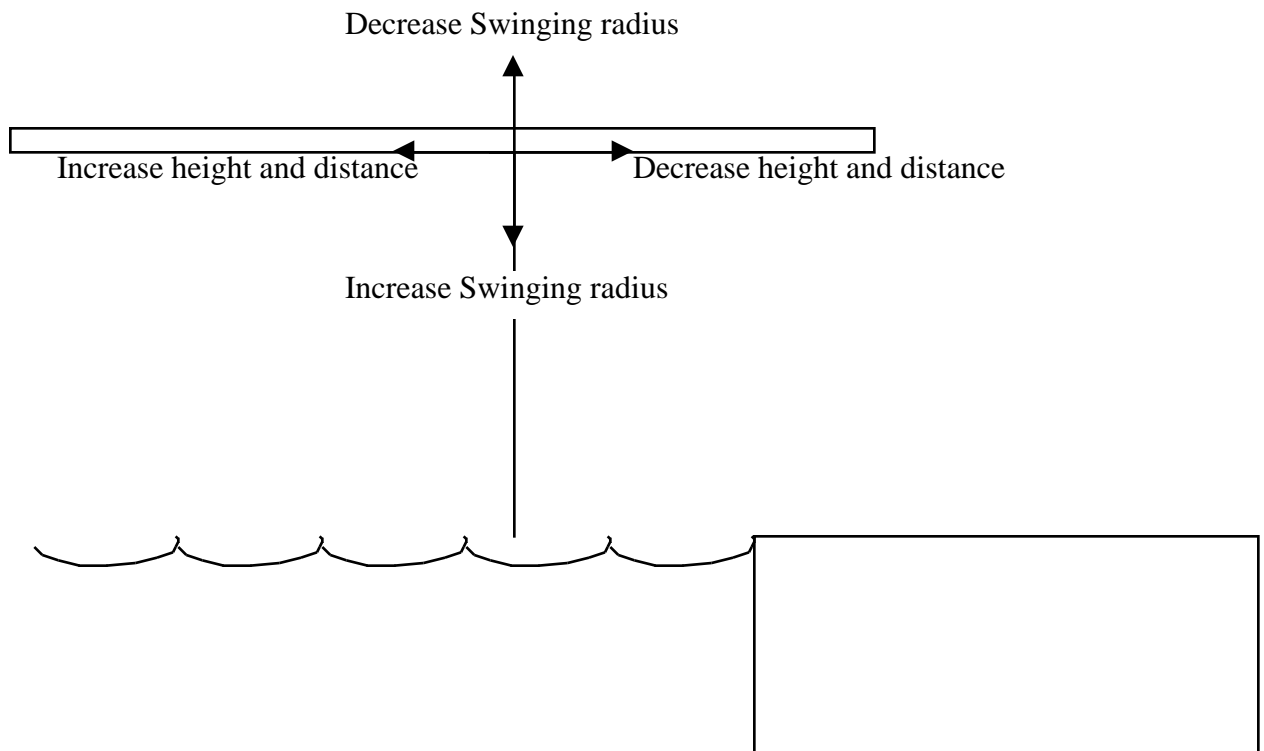
Common Rules

- Unsafe jumps/dives, such as seat drops, are not permitted
- Only one person is allowed on the diving board at one time
- Diving area should be kept clear of swimmers and other objects such as mats
- Only one bounce is allowed
- No hanging on the diving board
- Must go straight off the end

Lifeguarding Considerations

- If possible, both the initial jump of the diver and their entrance into the water, should be included in the lifeguard's scan
- Breaking the surface tension of the water can reduce injuries (especially important on higher diving boards)
- For diving boards higher than 3 metres, special restrictions may be necessary

Tarzan Swing



Safety Concerns

- Swinging out, then coming back and hitting the wall
- Landing on top of another person or object
- Rope Burn

Common Rules

- Only one swing out, and drop over water
- Don't swing in a circular motion
- Make sure there is nobody in the way before swinging
- Do not climb the rope

Lifeguarding Considerations

- Making a platform for the rope swing can increase the height and distance possible, while limiting abuses of the swing
- Having a bungee cord to return the swing to the next patron may be helpful
- If head-first entries are permitted, make sure that the point of entrance into the water is deep enough.
- If possible, both the initial jump of the swinger and their entrance into the water, should be included in the lifeguard's scan

Beach Area, Currents, and Toys

Safety Concerns

- Injuries on the bottom of the pool
- Collisions
- Being hit by pool toys, balls, etc.
- Drowning Non-Swimmers

Common Rules

- No running in water less than waist deep
- No surfing, skim-boarding, running dives, etc.
- Children under the age of seven must be within arms reach of an adult
- No standing, jumping, or flipping onto mats
- No throwing of hard objects
- Any throwing of soft objects must be kept under control

Lifeguarding Considerations

- People can drown in any depth of water!
- Children can be knocked over by currents or waves, and be unable to regain their feet
- The drop off point where kids can no longer touch becomes much more dangerous with the addition of waves or currents