



### Competitive Dive Entry Preparation Checklist

This form is to be utilised in preparation for competitive dive start activities in training or competition settings. The checklist is to be completed by the Coach or Technical official leading the activity as a mechanism to minimise risk factors associated with competitive dive entry. It is particularly pertinent to complete the checklist process in facilities that are unfamiliar to either the coach, the technical official or the swimmers

Coach / Technical Official name: \_\_\_\_\_ Date: \_\_\_\_\_

Facility / Location: \_\_\_\_\_

Elements to be checked and considered:

1. Coach / technical official accreditation
2. Skills and experience of swimmers applicable to activity
3. Pool water depths (as signed/marked on the pool)
4. Concourse and/or start block height relative to water level
5. Actual water level relative to depth markings
6. Water clarity check – visibility of pool floor
7. Start block condition – non-slip surface
8. Start block stability – fixings
9. Concourse condition – tiles or edges / surface
10. Communication with swimmers – water depth and dive entry expectations confirmed

Signature of Coach / Technical Official

\_\_\_\_\_ Date: \_\_\_\_\_

This checklist serves as an educational tool to promote awareness of new and unfamiliar facilities.