Competitive Dive Starts
Safe Water Entry

School Swimming Carnivals
UPPER PRIMARY SCHOOL
SLIDE 1
AQUATIC ACTIVITIES

- Aquatic activities can be fun!
- But, we need to be aware of the rules and behaviour when around water.
SWIMMING POOLS

• The local swimming pool is a popular place to enjoy a swim
• Although these pools seem to be safe, there are still potential dangers.
VISITING A SWIMMING POOL OR ENVIRONMENT

• When visiting a swimming pool or environment it is important that you take note of signs, warnings or notices.
TYPES OF INJURIES

- Diving into water can be dangerous!
- Sometimes injuries do occur such as:
  - Broken teeth and injuries to the face
  - Head injuries
  - Spinal injuries.
PREPARATION FOR A COMPETITIVE DIVE

• How:
  – Stand with toes of one or both feet curled over the edge. This will help prevent slipping on a wet surface
  – Lock the hands and arms together, lock the head.
THE “PUSH OFF” & “FLIGHT”

• TAKE NOTE:
  • Hands
  • Head
  • Reach of Swimmer.
WATER ENTRY AND UNDERWATER

• TAKE NOTE:
  • Glide
  • Steer up
  • Protection of head and neck.
THE COMPLETE DIVE-REVIEW
SUMMARY

• REMEMBER:
  – Look for signs and listen to the teachers
  – When ever diving:

LOCK HANDS, LOCK HEAD & STEER UP WHEN DIVING!

Enjoy the carnival events safely.