

SAFE AND EFFECTIVE TRAINING SESSIONS STATEMENT

There are different levels of diver in the club. Some of you will be quite happy learning new dives and enjoying the excitement of competitions. For others it could mean participating in the Commonwealth Games or the Olympics! Training sessions are important to everyone. Please help yourself and others by following the guidelines below.

1. Be punctual for training sessions and bring the appropriate kit as advised by your coaches. A chamois is important to keep you dry, for warmth and for good grip during somersaults. Bring a bottle of water.
2. The warm up session is carried out on the thin mats. It helps to stretch and warm up your muscles prior to diving. A poor warm up could result in injury. **You must never use any of the apparatus or crash mats unless supervised.**
3. After you have performed a dive, for safety reasons exit the pool as directed by the coach. Do not delay in exiting the water after your dive. This reduces everyone else's training time and distracts the divers' attention from the coach.
4. Diving time is precious - listen carefully to your coach in order to maximise the lesson.
5. Treat your teammates, coaches and officials with respect at all times.
6. Sometimes dives do not turn out the way you planned! Encourage and support one another. You will be able to improve your own performance by listening and watching other divers' mistakes and triumphs.
7. You must respect the Aquatic Centre rules, and instructions of the lifeguards, including:
 - Do not run on poolside
 - No food on poolside
 - No outdoor footwear to be worn poolside
8. In the dry land area please ensure that you take all your training gear and belongings and do not leave any litter behind.
9. Adhere to the Nut-free policy at the Club. Refrain from bringing snacks that contain nuts and from sharing food with other divers.