



# Diving Well Rules

- 1) Children may dive during rest breaks only with an adult in the water with them.
- 2) Look before diving.
- 3) Dive straight off.
- 4) One bounce only.
- 5) Only 6 swimmers allowed in the well at a time.
- 6) No diving from the high dive – STATE CODE
- 7) No back dives off any boards.
- 8) Only one person on diving board at a time – wait on concrete for your turn.
- 9) Swim to 12 foot ladder to exit diving pool.