

Albatross Diving Club of Reading

Affiliated to South East Region Amateur
Swimming Association



www.albatross-dc.co.uk

Official Handbook (updated 2011)

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1. Forward

Diving asks a lot from a young person. As well as the obvious attributes of courage, athleticism and suppleness, it requires self confidence and discipline. It is rare to find a young diver who has all the right qualities in balance. We can all play an important role; as parents - giving the necessary support; as coaches - supplying the necessary knowledge through training opportunities; as fellow divers - encouraging and engendering team spirit.

This handbook provides much of the information and support that a diver with Albatross Diving Club requires to bring out full potential in diving.

On receiving the handbook, please read it over and pay particular attention to any forms in the appendices that you have yet to submit.

Keep the book in a safe but handy place and re-read it regularly.

2. Mission Statement

The Albatross Diving Club of Reading is dedicated to the advancement of excellence in diving and the personal fulfilment and achievement of all those involved with the sport.

This is a competitive diving club where the enjoyment of diving is primarily attained through the achievement of both personal and team goals. It is the club's aim to identify and nurture talent through the provision of a high quality programme of learning and training opportunities. The Albatross Diving Club has signed up to the 'Sport Reading Charter' which enhances these values.

The club's ethos is to promote and deliver the sport of diving:

'We exist to serve all sectors of the community through recognising local diversity and encouraging inclusion for all aspirations and levels, from recreational participation through to elite competition.'

The club's role is to provide the optimal environment, in terms of coaching expertise, equipment and administrative support, for all individuals to fulfil their potential. To enable this, the club continues to seek and develop partnerships between divers, coaches, parents, sponsors, schools, local authorities, allied sports clubs, training providers and advisors, in addition to facility providers.

The club recognises the importance of the social aspects of the club and seeks to foster a friendly, safe and convivial atmosphere at all times.

3. The Formation

Albatross Diving Club of Reading
By Anne Green Jessel
Club President

Diving began competitively within the diving section of Reading Swimming Club in 1968. Divers reached County, Regional and National standard. Suzanne Smith became Reading's first national title holder and international diver.

It had always been my ambition to form a specialised individual diving club, affiliated to the now disbanded Southern Counties Amateur Swimming Association. During the 10 years with Reading Swimming Club, I was approached by "The Reading Royals Synchronised Swimming Club" to create a diving display for the International Synchronised Swimming Festival, a big event, to be held in 1977. I decided to attempt something unheard of in those days – a diving display to music. I chose Fleetwood Mac's "Albatross". It was such a success that more invitations followed and from then on "Albatross" was played whenever we appeared! I vowed that if ever there was the formation of a diving club in Reading it would be called "Albatross".

An inaugural committee was formed consisting of a Chairman: Mr David Knollys; Hon. Sec: Mr Graham W. Green; Hon. Treasurer: Mrs Pat Smith; Hon. Membership Sec: Mrs Elvira Wright; Hon. Champs. Sec: Mr John Holton and yours truly as Chief Coach.

The Presidents cup was donated by the late Mr Ben Neville, our first President. Mr Derek Seward produced the final design of the club badge in the chosen club colours of green and white.

With the stalwart support of Mr John Anstey, Baths Manager; officials within the A.S.A. including the late Mr. John Zimmerman, A.S.A. President in 1978; teachers and trainees on poolside, including Jeff Pearce; the help of many parents using their talents and resources; sponsors Mr. Stan Eldon and Mr Alan Porton of the Reading Chronicle, "The Albatross Diving Club of Reading" was founded and became affiliated to Southern Counties Amateur Swimming Association in December 1978.

4. Code of Conduct

As members of the club, divers, coaches and parents have specific roles and responsibilities and these represent the basic agreement between diver, coach and parent. They are referred to as the Code of Conduct and must be adhered to at all times during club sessions and competitions, whether this is at the Central Swimming Pool or any other venue where a competition is taking place. (Appendix 7)

The good reputation of the club depends not only on a diver's competitive success but on behaviour and appearance when representing the club. Divers should be sure to set a good example such that the club can feel proud of its members.

Coach Duties

- Keep poolside discipline at all times
- Enforce safety rules rigorously
- Ensure all equipment is safe to use
- Be punctual
- Wear appropriate poolside dress
- Ensure your divers understand what is required of them at all times
- Avoid coaching divers on the board, in the water or across the pool where possible
- Keep divers and parents informed

Diver Duties

- Attend club nights (Tuesdays) regularly. All other sessions are by coach invitation
- Learn and observe the poolside safety rules
- Only be on poolside during your session, unless you have permission of a coach to be there
- Wear an Albatross costume on Club Night and for the display at the Gala
- Tracksuit Tops must be worn to all competitions & club 'T' shirts if available
- Get on the board and out of the water promptly
- If you need to leave the poolside during a session, ask your coach for permission
- Arrive at least five minutes before your warm up time. For warm up, you will be expected to wear appropriate clothing which should be:
 - Shorts, T-Shirts, Trainers (Swimsuits should preferably be worn underneath)

The following should not be visible during warm-up:

- Long trousers of any kind
- Mobile phones, iPods or similar devices
- Jewellery or watches
- School clothes
- During warm-up, the divers are expected to follow the coaches instructions and must at no time be disrespectful to, or ignore, any coach or senior diver who may be in charge of the warm-up session
- If a diver is late or behaves badly during a warm-up, the coaches will have the option to stop the diver taking part in that diving session or further sessions if it is deemed necessary
- Occasional lateness for good reason may be tolerated

Parent Duties

- Ensure your child knows and follows the Code of Conduct
- Encourage punctuality, correct dress and good behaviour
- Ensure that children who are unwell or injured do not dive
- Before leaving your child, always check that there is someone in charge to take responsibility for them. Please also ensure that you return to collect children in good time. It should not be the Club's or coach's responsibility to look after the diver beyond the end of sessions
- Read the notice board regularly, check your child's paperwork and messages and pay close attention to emails from Albatross coaches and committee members
- Endeavour to support your child and the club at competitions, in particular the club's Annual Gala, held in December
- If your child is entered in a competition with your agreement and withdraws, the coach may request that you refund to the club any entry fees paid
- This is an amateur club and depends very much on your fees. Please pay promptly
- Coaches, the Committee and helpers are all unpaid volunteers. Please back them up and contribute whenever possible to ensure the smooth and successful running of the club

5. Equity Statement

The Albatross Diving Club is committed to treating everyone equally, regardless of gender, ethnic origin, religion, age, sexual orientation or political persuasion.

- The Club will ensure that equity as stated in the club rules is incorporated in all aspects of its activities and also recognises and adopts the Sport England definition of Sports Equity:

Sports Equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

- The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of discrimination, intimidation, harassment and abuse.
- All Club members have a responsibility to challenge discriminatory behaviour and promote equality of opportunity
- The Club will deal with any incidence of discriminatory behaviour seriously, according to the club disciplinary procedures.

A full copy of the equity policy can be obtained from the secretary or downloaded from www.albatross-dc.co.uk

6. Child Protection Policy

The club follows the ASA Child Protection Procedures as laid out in "Wave Power" ASA Child Protection Procedures.

These child protection procedures are based on the following principles:

- The child's welfare is the first consideration
- All children, regardless of age, gender, racial origin, religious belief, sexual identity and any disability have a right to enjoy sport free from all forms of abuse or sexual exploitation
- The club has a responsibility to maintain confidentiality in all cases involving child protection and poor practice in line with current legislation

A full copy of the child protection procedures can be obtained from the Club Welfare Officer

A full copy of the child protection procedures and referral forms are available as an additional appendix. This can be obtained from the Club Welfare Officer, on the club website or using the following ASA line

<http://www.sportcentric.com/vmgmt/vfilemgmt/page/filedownload/1,8202,5026-49221-84094-0-file,00.pdf>

If you have a concern your first point of contact should be the Club Welfare Officer, however there are other advice lines and relevant contact numbers which are also listed below:

Child line: 0800 1111
NSPC Child Protection line: 0808 800 5000
Kidscape: 020730 3300
ASA Swimline: 0808 100 4001

Reading Local Authority Services:
Social Services: 0118 9553601
Out of hours Reading minicom Tel: 0118 9390700
Police Protection Team: 0845 8505 505

7. Safety Rules

Safety is *everyone's* responsibility and the following rules must follow at *all times*.

Never:

- Wear jewellery*
- Chew gum
- Eat or consume fizzy drinks during warm-up or on poolside
- Run
- Push people in the pool
- Sit or climb on railings
- Throw chamois leathers
- Swim across boards
- Shout or distract other divers
- Walk in front of divers performing back or inward dives

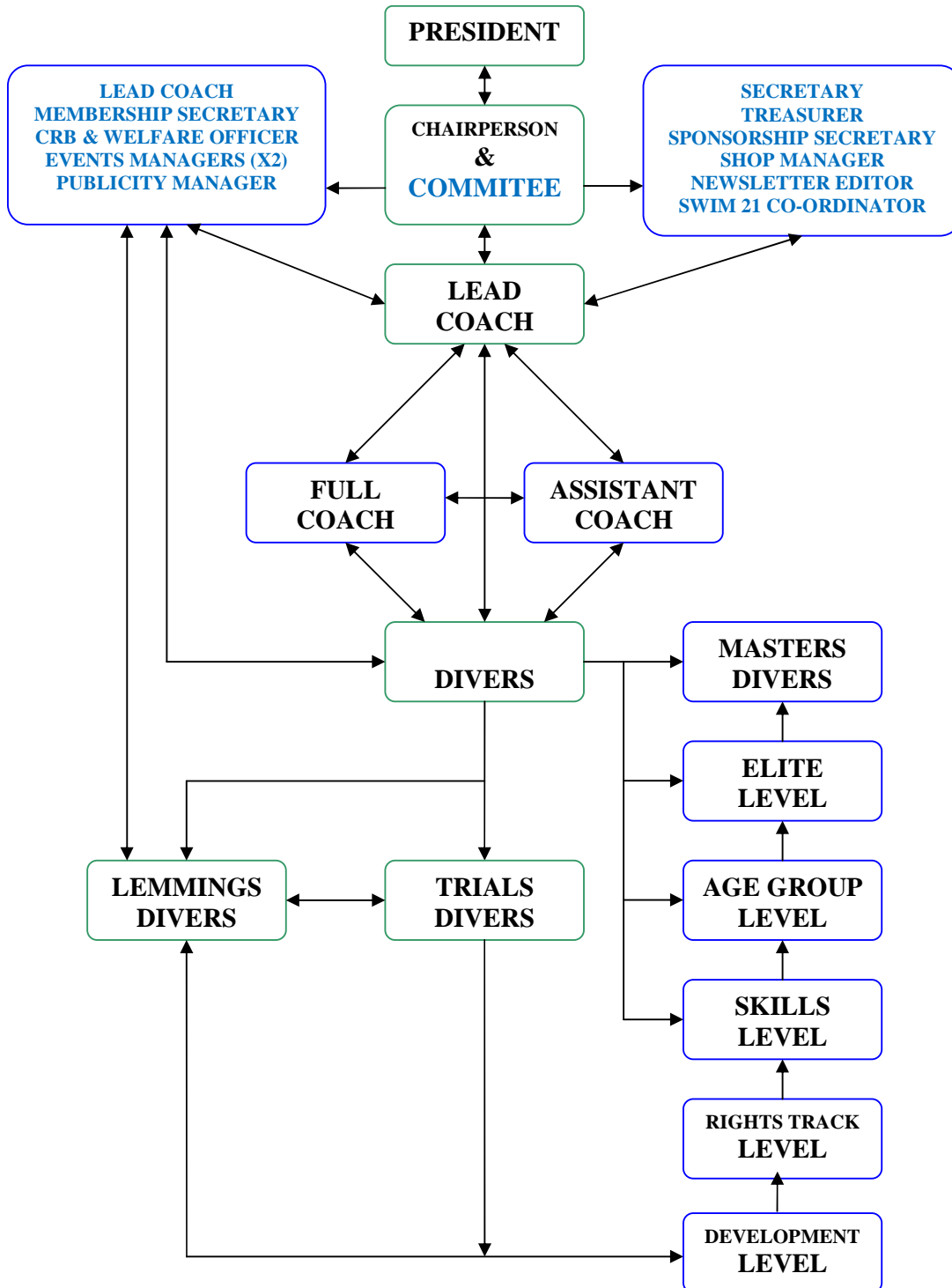
* If you are intending on having your ears pierced, you may need to discuss when best to organize this in advance with your coach. Other body piercing of any nature are not negotiable for safety reasons. This also includes ear piercing which are made much higher above the ear lobes.

Always:

- Warm up and stretch prior to diving
- Tie hair back for warm-up and diving
- Check you have the attention of your coach prior to each dive
- Listen to your coach on poolside and return to your coach on poolside for feedback after each dive where possible
- Check the water is clear under your board
- Get out of the water after your dive as quickly as possible
- Be aware of other divers waiting to dive from all boards and from poolside, making sure you swim in a straight line directly under the board from which you have just dived from back towards the poolside
- Get out of the water immediately if a pool alarm sounds and follow the instructions of a coach or a member of staff

8. Club Structure

The club is jointly run by the committee and coaches. The way in which these people work together with divers and parents and their roles and responsibilities is detailed below.



Roles and responsibilities within the club support structure are as follows:

- President

The president is the honorary figurehead of the club. The position is presently held by our founder and former Chief Coach, Anne Jessel.

- Chairperson and Committee

Key responsibilities include:

- Financial control
- Fund raising and sponsorship
- Membership register
- Registration and insurance
- Organising the annual Club Gala
- Organising the annual Inter-Club Novice Competition
- Arranging social functions
- Administration for the “Lemmings”
- Divers’ Welfare
- Workforce Coordination

The committee is nominated at each AGM. Members can be drawn from parents and adult divers. The Lead Coach also sits on the committee. At the first meeting of a new committee a Chairperson is appointed and specific posts are delegated to members. 2011 posts are as detailed on the previous page. These may change to suit club requirements from time to time.

- Coaches

The coaches are responsible for the divers’ tuition, poolside management and team selection. All coaches are CRB (Criminal Records Bureau) checked in compliance with the ASA and the Club Welfare Officer.

After the AGM the coaches elect a Lead Coach. The Lead Coach is responsible for all coaching related functions within the club. Specific tasks are delegated to individual coaches including;

Squads

Grading System

Competitions

Induction and trials

Education and development

Officials

All coaches either hold the Amateur Swimming Association's (ASA) Full Diving Teachers Certificate, a level 2 or an assistant teacher (level 1) qualification. Wherever possible coaches hold a RLSS life saving certificate in addition. Some of our coaches are also qualified in trampolining, gymnastics or swimming also.

- Assistant Coaches

Parents and divers (14 years and over) are encouraged to assist coaches with a view to taking a Level 1 qualification at the age of 16 years. Assistant coaches hold the ASA Level 1 Assistant Teachers Certificate. Assistant coaches only coach under the supervision of a minimum of a Level 2 coach.

- Parents

Parents are encouraged to get involved with the club. Without the help and support of parents the club could not operate. Any help, however small, is always very much appreciated. While some parents volunteer for the committee, others undertake ad hoc duties, such as helping at events, with transport, fund raising or act as competition recorders. Many parents catch the diving bug themselves and take up diving and/or coaching!

Divers and coaches need parents to support and encourage them at the competitions, in particular at the Annual Gala held in December. The Annual Gala is the Club's premier event, where the whole club comes together to demonstrate its achievements over the past year and compete for the club trophies.

Annual General Meeting

The AGM is held in April, or as soon as possible thereafter. Its main functions include:

- Report on accounts
- Nomination of committee members
- Report by Chairman
- Report by Lead Coach

For each junior diver one adult representative can be nominated to hold voting rights on their behalf at any General Meeting.

It is important that all members of the club, divers, coaches and parents make the effort to attend the AGM.

Constitution

The Club has a Constitution, which sets down the rules by which the club is managed. A copy of the Constitution is available on request from the Club Secretary or from the club website: www.albatross-dc.co.uk

9. Squads

To encourage divers, reward dedication and to recognise achievement, divers are appointed, by the coaching team, to one of six squads:

Masters

Elite Age Group (Levels 4 & 5)

Age Group (Level 3)

Skills (Level 2)

Right Track (Levels 1 & 2)

Lemmings Improver

- Why a squad system?

A squad system, based on achievement and attitude, motivates and encourages divers. It promotes a challenging environment whereby divers want to achieve and attain goals and are directly rewarded for doing so. Individuals are spurred on not only by their own success, but also from that of their peers. The system enables the talented and dedicated diver to excel, rather than being limited to mediocrity. A squad system also promotes effective coaching as coaches train divers of similar ability and attitude together. This allows for easier organisation and more individual attention to a diver's specific needs.

Benefits & privileges of squad promotion

The promotion to a higher squad is the most tangible reward a diver can receive. Promotion is recognition by all the coaching staff of both the diver's performance and attitude. As such it comprises the core of the incentive system. Along with promotion come prestige and an increased eligibility to training sessions. This eligibility allows the diver not only to be able to increase the number of training, but also to choose longer, less crowded sessions.

- Eligibility for training

Due to the limited pool capacity, training time at Central Pool is closely managed by the Lead Coach. This is for the benefit of all divers. Having a "scrum" of 10 or more divers around a board implies no one trains effectively. As a diver starts his or her career in the springboard program they will have access to 2 sessions per week. As the diver moves higher up the squad list, training will increase based upon capability, talent attitude and current grades

held. All training apart from our Tuesday club night sessions is by the strict invitation of the diver's coach.

On Tuesdays and Saturdays, pool time is divided between all squads.

Under certain circumstances (preparations for a major competition) the Lead Coach may allow a diver additional diving time.

- Squad Selection

The squad system is co-coordinated by the Lead Coach and is selected by the coaching team at the first coaches meeting after the grades have been held. (See section 10)

As with any team based system, a diver will have to continuously earn his or her position. Divers can be both promoted and demoted.

The squad system is based on merit, attitude and achievement - *not age*.

The coaching team takes the following criteria into account when selecting the squads:

- Level of Step achieved (Appendix 4)
- General attitude, dedication and maturity
- Achievements in past three months
- Flexibility and general fitness
- Attendance
- Level of competition dived in
- Willingness to compete and learn new dives

A Lemmings Improver Squad diver is a member of the club for a trial period

A Right Track Squad diver should be aiming to compete at Levels 1/2.

A Skills Squad diver should be aiming to compete at Level 2

An Age Group Squad diver should be aiming to compete at Level 3

An Elite Squad diver should be aiming to compete at Level 4/5

10. Organisation of Competitive Diving

F.I.N.A. is the international governing body for the organisation of diving.

The A.S.A. is the governing body for the organisation of diving at International and National level within the United Kingdom and is divided by region. Each region is responsible for organizing local competitions and clubs are also permitted to organise their own galas. Albatross Diving Club belongs to the South East Region A.S.A. which includes Berkshire, Buckinghamshire, Hampshire, Kent, East and West Sussex, Surrey and Oxfordshire.

Competitive diving is divided by age groups; these are designated with a letter, with divers mainly only competing against other divers of the same age group. Exceptionally a diver may be permitted to compete up an age group. Competing down an age group is never allowed.

Age Groups are:

8-9 year old	E
10-11 year old	D
12-13 year old	C
14-15 year old	B
16-18 year old	A

The age group at which a person dives is described by their age within the year from January 1st to December 31st.

Levels of Competition.

There are 6 competition levels. These are as follows:

- Level 0 - Aimed at low level “Learn to Dive” participants, encompassing A.S.A. awards, up to Grade 2, level 2. Flip`n`fun competitions organised by Club/County.
- Level 1 - Aimed at divers who are no longer beginners and who are aiming to develop more complex skills, up to and including A.S.A. Level 3, stage 3.

Competitions Levels:

Skill Development

Flip`n`fun

Organisational Level/Locations:

Club/County/Region

Club/County/Region

- Level 2 - Aimed at divers who want to take the next step towards competitive participation. To compete at this level, divers should have passed their A.S.A. Level 3, stage 3 award.

Competitions:

Skill Development

Skills Finals

Organisational Level/Locations:

Club/County/Region

County/Region/National (Bradford, Leeds, Southampton, Harrogate, Plymouth and various other locations)

- Level 3 - For those divers for whom it is appropriate to take on a more comprehensive dive “list”, possibly from 2 or 3 different board heights. Also aimed as a stepping stone for those looking to perform at Elite Junior Level.

Competitions:

Age Group Finals

Invitational Meets

Organisational Level/Locations:

Regional/National

(Leeds, Plymouth, Southampton, Luton)

- Level 4 - For divers who are able to perform the FINA list of dives required for their age group to a satisfactory level. The UK's leading juniors dive at this level nationally for the opportunity to be selected for the lottery funded Junior Olympic Programme and the Junior International Competition Circuit.

Competitions:

Organisational Level/Locations:

Elite Juniors

National

GB International Meets

CAMO, Aachen, Junior European, Junior Worlds and more

Regional Senior Championships

Regional

- Level 5 - For divers who are capable of performing the FINA senior list of dives regardless of their age group. The UK's leading divers compete at this level nationally, for the opportunity to be selected for lottery funded Junior Olympic Programme and the Junior International Competition Circuit. Selections are also made for the Senior Grand Prix Circuit and all major LEN & FINA events.

Competitions:

Organisational Level/Locations:

Seniors

National (English/British)

GB International Meets

FINA Grand Prix Circuit & major Len and FINA meetings

- Albatross Competitions

Albatross stages two competitions in the course of a year, The first of these is the Albatross Inter-Club Competition, the standard of which is up to Level 2. This is normally held on the last Saturday in June. The other gala is the Albatross Annual Christmas Gala with competitions ranging from Level 0 to Levels 3/4 and is normally held on the first Saturday in December.

11. Incentives

The Club believes that a diver should be rewarded with more diving for a positive attitude, hard work, and achievement. The main mechanisms to encourage and reward divers are through the Squad System (Section 9) which bestows privileges and prestige as promotion is gained as well as the Albatross Stepping Stones (Section 12 and Appendix 4).

- Rewards

The Club has an extensive reward system including:

Squad promotion

Albatross Stepping Stones (Appendix 4)

President's Cup, for dedication (selected by coaching team)

Chris Barker Trophy, for diving excellence (selected by coaching team)

Keith Meek Trophy, this can be awarded to any club member, coach or parent, who the coaches and committee feel has made a major contribution to the club over the past year.

Best newcomers - from the previous year's intake (selected by coaching team)

- Discipline

Misconduct may result in the loss of diving time, suspension and squad demotion. Continuing flagrant misbehaviour could ultimately result in expulsion from the club. Any sanctions are determined by the coaching team

- Misconduct includes:

Breaking safety rules

Showing disrespect to other members of the club, officials, and pool staff.

Poor time keeping

Inadequate warm up

Not wearing club costume on club night

Any other behaviour deemed as unacceptable by the coaching team

12. Albatross Grading System (Stepping Stones)

The Albatross Coaching Team introduced a grading system called Stepping Stones (Appendix 4). This is loosely based around the A.S.A. Learn to Dive Programme and the requirements for A.S.A. Level 2 Nationals. The Steps range from Step 1 to Step 13. Steps 1 to 6 cover the moves required for a Level 1 Competition, Steps 7 to 10 cover Level 2 requirements, whilst steps 11 – 12 are the initial preparation stages for age group Level 3 participation. The steps are taken at regular intervals. The steps cover progressions, line ups, jumps and dives. They have been designed to ensure that divers work hard at their core skills and essential mechanics. Each Step's jumps and line ups lead onto the dives that will be required for later Steps.

Divers are judged by a panel of 3 coaches for Stepping Stones promotion consideration. Divers must achieve an overall average of 4.5 to progress. All moves are without tariff.

Divers should be aware that:

- Springboard moves must be standing with an armswing or with a run and hurdle
- Firmboard moves will be specified with or without armswing
- All feet first dives must enter the water with the arms at the side, but for jumps they can be up or down (but in control)

13. Club Kit

Divers **must** wear an Albatross costume on Club Night (Tuesdays) and at the Annual Gala for the diving display. Divers may choose to wear another costume of their choice for competitions. In addition, an Albatross shirt and/or tracksuit must be worn to all competitions.

Tracksuit tops and black shorts must be worn for:

- Parades
- Medal ceremonies
- Team photos

Shorts, t-shirts, trainers and socks are required for warm-ups.

The club recommends that divers purchase the following kit:

- an Albatross costume
- an Albatross tracksuit top
- an Albatross kit bag
- a chamois leather

Divers may also wish to purchase:

- Albatross polo shirts

Kit can be purchased from the Club Shop, which is open on the balcony on Club Nights.

Divers who have particular problems with their kit (e.g. none of their size in stock) should discuss the problem with their coach prior to diving.

14. Fit to Dive

- Warm up

It is essential that we 'warm up' prior to any strenuous exercise to prepare both the body and mind and to reduce the risk of injury. A diver's 'warm up' will typically contain at least 5 to 6 sessions:

- A pulse raiser to warm up the body and increase blood circulation to all extremities of the body
- Mobilisation of the joints
- Stretching and flexibility exercises
- Strength exercises
- Diving drills and specific diving movements
- Proprio-receptive skills to improve balance and co-ordination

See Appendix 1 for details on recommended exercises to assist with warm-up and conditioning.

- Commitment

Divers should aim to arrive 5 minutes before their designated warm up time to carry out some gentle stretching on the balcony before their coached 'warm up' session which may include more specific gymnastic type movements and drills under supervision. Gentle preparation will help focus the mind for training both in the gym and in the water.

Divers who arrive late for warm up may be required to 'prepare' during their allocated water time if necessary. Divers who experience **exceptional** problems making the designated warm up time will need to discuss this with their coach in advance. The warm up is an essential element of training which will not only help prevent injuries but also forms the fundamental building blocks for their overall development.

Dry land exercises should ideally form 40-60% of training needs. The club cannot offer all the required training in a coached environment, so your child must carry out a regular effective training programme at home too using exercises suggested in Appendix 1. It is far better to do a little exercise each day, say 20 minutes rather than 2 long sessions per week. It may also be helpful to do this at the same time each day, to have a designated day off and to keep a chart or diary to monitor progress and achievement.

- **Nutrition for sport**

Diving requires medium aerobic strength coupled with a huge amount of explosive muscle strength (anaerobic strength). As with any other sport it is essential that divers eat well, covering the main food groups, to enable them to train and perform to their best ability. This will in turn help them reach their full potential.

Thinking in terms of “Go, Glow and Grow” food types is an easy way to ensure the correct food balance for an active lifestyle. It is also important to eat the right foods prior to competing, so we encourage all parents to help their children understand how eating the right food will help improve performance and stamina. More information on nutrition can be found on the following websites:

- <http://www.albatross-dc.co.uk>
- www.nutritionexplorations.org
- http://kidshealth.org/kid/stay_healthy/food/sports.html

- **Illness**

Coaches must be informed of illness, injury or long term medical condition, its nature and any action that should be taken in the event of an acute exacerbation/attack. If concerned with any illness or injury remember: *“if in doubt check it out”* as training through an injury or illness may mean in the long run the diver taking more time off than would have otherwise been necessary. Common conditions that should be notified include:

- Asthma
- Diabetes
- Epilepsy
- Knee problems
- Foot problems
- Ear, nose and throat ailments
- Colds / flu'

- **Allied Sports**

Generally, any sport which promotes physical fitness, mental concentration, body awareness, co-ordination and agility are good for assisting with diving. However, two sports - trampolining and gymnastics - are particularly beneficial.

- **Trampolining** is especially useful in teaching correct armswing, balance, good shapes and spatial awareness. Trampolines are helpful in learning new dives, from very basic to complex. Spotting rigs (harness controlled by a coach) can be used to teach dives without the fear of something 'going wrong'. They are also very good at helping the diver to 'spot' (to see key points throughout the dive, so they know when to 'come out'). ***However, trampolines must only be used under the instruction of a qualified trampoline coach.***
- **Gymnastics**, especially floor work, are very beneficial in teaching the diver speed and promoting strength and agility. Many of the basic movements and shapes can be practised more effectively in the gym than in the diving pit. Most world class divers spend over 50% of their training on dry land.

Special training aids

At times divers will be required to train away from Central Pool, in order to access specialist equipment, for instance

- Trampoline with twisting and somersaulting belts
- Bubble machine
- Dry boards

15. The Diving Competition Explained

The Dives

- Spring board Dives
 - Group 1 Forward :-Diver facing forward and rotating forwards
 - Group 2 Back :-Diver facing back to water and rotating backwards
 - Group 3 Reverse :-Diver facing forward and rotating backwards towards the board
 - Group 4 Inward :-Diver facing back to water and rotating towards the board
 - Group 5 Twist :-Dive from any of the above, but at the same time twisting the body about a longitudinal axis
- Platform Dives
 - Group 6 Armstand :-Diver on hands facing the board, with back to the water and rotating over to somersault forwards, or cutting through hands to rotate in a reverse direction. Alternatively, a diver on hands, facing the water with back to the board and rotating backwards
- Most dives in group 1 to 4 and 6 can be performed in any one of three positions:
 - Straight :-Body and legs straight with no bending at the hips
 - Piked :-Body bent at the hips, legs straight with no bend at the knees
 - Tuck :-Body bunched up close to knees, bent at hips and knees, elbows in with hands clasping shins.

There is one more position which is known as Free. This position is used with the twist and means the diver can perform the dive in any position they choose.

The Contest

A diving competition is conducted by a referee, 5 judges, 2 recorders and an announcer. After each dive, the referee signals to the judges to display their scores. Points scored can range from zero to 10. The judge will consider the posture, take off, flight and entry of the dive and will score having considered the dive as whole. Judges do not take the difficulty of the dive into consideration. This is factored in later (see below). In international competitions 7 judges are used in place of 5.

Recorders copy down the scores, this is done onto a dive sheet that has been previously filled in by the diver showing planned dives and the order in which they are to be performed. The highest and lowest marks are disregarded and the remaining three marks are added together. This is then multiplied by the tariff (degree of difficulty) for that dive to give the total score for the dive.

All dives are given a tariff. These range from 1.0 upwards. Competitors may use any dive they wish providing it meets the requirements of the competition, is from a conventional take off position and includes an exact number of half somersaults and half twists. It must also be the dive that is written on their dive sheet and announced.

- Tariffs

Each dive is afforded a degree of difficulty, or tariff using a standard formula. This ranges from 1.0, which is the easiest, up to 4.0 or more for the most complicated dive. (Appendix 3)

This means that the diver, who can competently perform a higher tariff dive will have the advantage over the one with easier dives.

- Awards

The five judges will award marks for a dive as follows:-

0	= Failed
0.5 – 2.0	= Unsatisfactory
2.5 – 4.5	= Deficient
5.0 – 6.5	= Satisfactory
7 – 8.0	= Good
8.5 – 9.5	= Very Good
10	= Excellent

16: Session Times

Diving times at Central Pool are as below. Tuesday and Saturday diving days are used by all squads at specific times allocated by their coach. Any additional training is strictly by invitation only.

Week Day	Warm-Up Time	Diving Time
Monday (Elite, Skills, Age Group)	17.00-17.30	17.30-19.00
Tuesday (Lemmings)	17.45-18.00	18.00-18.30
Tuesday (Right Track)	18.00-18.30	18.30-19.30
Tuesday (Elite, Skills, Age Group)	18:45-19.30	19.30-21.00
Thursday (Elite, Skills, Age Group)	17.00-17.30	17.30-18.45
Saturday (Elite, Skills, Age Group)	09.45-10.30	10.30-11.30
Saturday (Right Track)	11.00-11.30	11.30-12.30
Saturday (Lemmings)	Session 1 Session 2	12.30-13.00 13.00-13.30
Sunday (Elite, Skills, Age Group)	18.00-18.30	18.30-20.00

The above times are subject to change, please ask your coach if in doubt.

It is important that divers arrive 5 minutes before the start of warm-up times.

Divers may also have the opportunity and be invited to:

- Trampoline and rig work sessions
- Diving and dry land camps held at other pool locations
- Long Term Athlete Development days (LTAD)
- England Talent Programme training days (ETP)

17: Appendices

1. Recommended Exercise Section (Warm up and Conditioning)
2. Divers' Diary
3. Dive Sheet Coding and Tariff
4. Grade System (Stepping Stones)
5. Doping Issues in Sport
6. Medication Declaration Form*
7. Code of Conduct and Form*
8. Club Membership Form*

**Must be completed and returned*

1. Recommended Exercise Section (Warm up and Conditioning)

45 minutes is the recommended minimum time to invest per dry land training session. Divers should do this 3 times per week – not necessarily at the pool. Most of these exercises can be done at home – with adult supervision where necessary!

Warming Up (10 minutes):

- Jog on the spot
- Sprint on the spot
- Bring knees up in front
- Kick 'bum' from behind
- Kick out to each side
- Kick legs straight behind
- Kick legs straight in front
- High knee jumps

Standing still exercises (5 minutes):

- One step high leg lifts (left and right)
- Arm swings
- Side bends

Stretching exercises (20 minutes):

- Neck stretch, move head in all directions
- Shoulder shrugs, back & forwards
- Pull elbow behind back, both arms, try to touch
- Stretch shoulders against wall
- Stand upright, hands grabbed, arms stretch upwards (head in line)
- Sit upright, hands grabbed, arms stretch upwards (back must be straight and head in line)
- Back bridge or kneeling shoulder stretch
- Sitting, cross 1 leg over bent, turn opposite arm and shoulder (both legs)
- Ankle circles and kneel, lean back
- Stand, legs straddled, stretch down to left and right and middle
- Sitting, legs straddled, stretch down to left and right and middle
- Bend knees, crouch down, hands on floor and straighten legs
- Kneel down, hands flat by knees and straighten legs
- Roll in a tuck shape and rock back and forwards
- Kneeling quad stretch
- Stretch wrists out on floor

Strength building exercises (15 minutes):

- 20 tuck outs - Tuck shape, kick out to hands above thighs
- 20 back arches - hands grabbed or on head, feet together, lift both ends
- 20 press ups (from knees if necessary) - hands shoulder width apart
- 10 side lifts – each side (keep body in a straight line)
- 15 tuck jumps – bring knees up to chest
- 20 crunchies – knees bent and legs off floor, hands across chest
- 20 jump push – rebounds off wall
- 6 trunk curls – both sides, thumbs linked, knees slightly bent
- 5 pike jumps – try to reach toes, feet pointed
- Handstand practice – use different kick ups
- Somersaulting (strictly with adult supervision)
- Forward roll to straight jump x3
- Forward roll to tuck jump x3
- Forward roll to pike jump x3
- Forward roll to full twist x3
- Back roll to straight jump x3
- Back roll to tuck jump x3
- Back roll to pike jump x3
- Back roll to full twist x3
- Forward tuck somersault to mat x3

2. Divers' Diary

Some divers may find it helpful or fun to keep a diary of their training sessions. We would recommend recording the following types of information, though this can obviously be adjusted to suite individuals.

DATE: _____

Mood before training: _____

Mood after training: _____

DIET:

- Breakfast: _____
- Lunch: _____
- Tea: _____
- Snacks: _____

LAND TRAINING DETAILS

- Stretching exercises/time: _____
- Conditioning exercises/time: _____

Pool Training details/time: _____

Worst moment: _____

Best moment: _____

Plan to improve next time: _____

3. Dive Sheet Coding and Tariff

Each dive can be described by an international coding system. It is important that divers become familiar with these codes as they are used as standard across national and international competitions to describe dives.

Essential diving skills and corresponding codes are as follows:

From poolside	From 1 metre	From 3 metres
100a	Hurdle step jump	Forward line up (hands grabbed)
200a	Back jump	Forward tuck roll
200c	101c	Back straight fall (hands on thighs)
Bubble rip	401c	Back tuck roll
Tuck dive	201c	
Back pike sit	301c	
Reverse pike sit	103c	
102c		
201a with armswing		

More advanced dives (from higher boards) are as follows:

Platform		10M				7.5M				5M			
		Str	Pike	Tuck	Free	Straigh	Pike	Tuck	Free	Str	Pike	Tuck	Free
Forward Group		A	B	C	D	A	B	C	D	A	B	C	D
101	Forward Dive	1.6	1.5	1.5	~	1.6	1.5	1.4	~	1.4	1.3	1.2	~
102	Forward Somersault	1.8	1.7	1.6	~	1.7	1.6	1.5	~	1.6	1.5	1.4	~
103	Forward 1.5 S/s	1.9	1.6	1.5	~	1.9	1.6	1.5	~	2.0	1.7	1.6	~
104	Forward 2 Somersaults	2.5	2.2	2.1	~	2.4	2.1	2.0	~	2.6	2.3	2.2	~
105	Forward 2.5 Somersault	2.7	2.3	2.1	~	~	2.4	2.2	~	~	2.6	2.4	~
107	Forward 3.5 Somersault	~	3.0	2.7	~	~	3.1	2.8	~	~	~	3.0	~
109	Forward 4.5 Somersault	~	~	3.5	~	~	~	~	~	~	~	~	~
112	Forward Flying Somersault	~	1.9	1.8	~	~	1.8	1.7	~	~	1.7	1.6	~
113	Forward Flying 1.5 Somersault	~	1.8	1.7	~	~	1.8	1.7	~	~	1.9	1.8	~
114	Forward Flying 2 Somersault	~	2.4	3.3	~	~	2.3	2.2	~	~	2.5	2.4	~
115	Forward Flying 2.5 Somersault	~	2.6	2.4	~	~	~	2.5	~	~	~	~	~
Backward Group		A	B	C	D	A	B	C	D	A	B	C	D
201	Back Dive	1.9	1.8	1.7	~	1.9	1.8	1.7	~	1.7	1.6	1.5	~
202	Back Somersault	1.9	1.8	1.7	~	1.8	1.7	1.6	~	1.7	1.6	1.5	~
203	Back 1.5 Somersault	2.4	2.2	1.9	~	2.4	2.2	1.9	~	2.5	2.3	2.0	~
204	Back 2 Somersault	2.6	2.4	2.1	~	2.5	2.3	2.0	~	~	2.5	2.2	~
205	Back 2.5 Somersault	3.3	2.9	2.7	~	~	3.0	2.8	~	~	~	3.0	~
206	Back 3 Somersault	~	3.0	2.7	~	~	2.8	2.5	~	~	3.2	2.9	~
207	Back 3.5 Somersault	~	3.6	3.3	~	~	~	3.4	~	~	~	~	~
212	Back Flying Somersault	~	1.9	1.8	~	~	1.8	1.7	~	~	1.7	1.6	~
213	Back Flying 1.5 Somersault	~	2.4	2.1	~	~	2.4	2.1	~	~	2.5	2.2	~
Reverse Group		A	B	C	D	A	B	C	D	A	B	C	D
301	Reverse Dive	2.0	1.9	1.8	~	2.0	1.9	1.8	~	1.8	1.7	1.6	~
302	Reverse Somersault	2.0	1.9	1.8	~	1.9	1.8	1.7	~	1.8	1.7	1.6	~
303	Reverse 1.5 Somersault	2.6	2.3	2.0	~	2.6	2.3	2.0	~	2.7	2.4	2.1	~
304	Reverse 2 Somersault	2.8	2.5	2.2	~	2.7	2.4	2.1	~	2.9	2.6	2.3	~
305	Reverse 2.5 Somersault	3.3	2.9	2.7	~	3.4	3.0	2.8	~	~	3.2	3.0	~
306	Reverse 3 Somersault	~	3.1	2.8	~	~	2.9	2.6	~	~	3.3	3.0	~
307	Reverse 3.5 Somersault	~	~	3.4	~	~	~	~	~	~	~	~	~
312	Reverse Flying Somersault	~	2.0	1.9	~	~	1.9	1.8	~	~	1.8	1.7	~
313	Reverse Flying 1.5 Somersault	~	2.5	2.2	~	~	2.5	2.2	~	~	2.6	2.3	~
Inward Group		A	B	C	D	A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.4	1.3	~	1.7	1.4	1.3	~	1.8	1.5	1.4	~
402	Inward Somersault	1.9	1.6	1.5	~	1.8	1.5	1.4	~	2.0	1.7	1.6	~
403	Inward 1.5 Somersault	~	2.0	1.8	~	~	2.1	1.9	~	~	2.4	2.2	~
404	Inward 2 Somersault	~	2.6	2.4	~	~	2.6	2.4	~	~	3.0	2.8	~
405	Inward 2.5 Somersault	~	2.8	2.5	~	~	3.0	2.7	~	~	3.4	3.1	~
407	Inward 3.5 Somersault	~	3.5	3.2	~	~	~	3.4	~	~	~	~	~
412	Inward Flying Somersault	~	2.0	1.9	~	~	1.9	1.8	~	~	2.1	2.0	~
413	Inward Flying 1.5 Somersault	~	2.5	2.3	~	~	2.6	2.4	~	~	2.9	2.7	~

Platform		10M				7.5M				5M			
		Str	Pike	Tuck	Free	Straigh	Pike	Tuck	Free	Str	Pike	Tuck	Free
Inward Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5411	Inward Dive half Twist	1.9	1.6	1.5	~	1.9	1.6	1.5	~	2.0	1.7	1.6	~
5412	Inward Dive 1 Twist	2.1	1.8	1.7	~	2.1	1.8	1.7	~	2.2	1.9	1.8	~
5421	Inward Somersault half Twist	~	~	~	1.8	~	~	~	1.7	~	~	~	1.9
5422	Inward Somersault 1 Twist	~	~	~	2.0	~	~	~	1.9	~	~	~	2.1
5432	Inward 1.5 Somersault 1 Twist	~	~	~	2.3	~	~	~	2.4	~	~	~	2.7
5434	Inward 1.5 Somersault 2 Twist	~	~	~	2.7	~	~	~	2.8	~	~	~	3.1
5436	Inward 1.5 Somersault 3 Twist	~	~	~	3.3	~	~	~	~	~	~	~	~
Armstand Group		A	B	C	D	A	B	C	D	A	B	C	D
600	Armstand Dive	1.6	~	~	~	1.6	~	~	~	1.5	~	~	~
611	Armstand Fwd half Somersault	2.0	1.9	1.7	~	2.0	1.9	1.7	~	1.8	1.7	1.5	~
612	Armstand Fwd 1 Somersault	2.0	1.9	1.7	~	1.9	1.8	1.6	~	1.8	1.7	1.6	~
614	Armstand Fwd 2 Somersault	~	2.4	2.1	~	~	2.3	2.0	~	~	2.5	2.2	~
616	Armstand Fwd 3 Somersault	~	3.3	3.0	~	~	~	~	~	~	~	~	~
621	Armstand Bwd half Somersault	1.9	1.8	1.6	~	1.9	1.8	1.6	~	1.7	1.6	1.4	~
622	Armstand Bwd 1 Somersault	2.3	2.2	2.0	~	2.2	2.1	2.0	~	2.1	2.0	1.8	~
623	Armstand Bwd 1.5 Somersault	~	2.2	1.9	~	~	2.2	1.9	~	~	2.3	2.0	~
624	Armstand Bwd 2 Somersault	3.0	2.8	2.5	~	2.9	2.7	2.4	~	3.1	2.9	2.6	~
626	Armstand Bwd 3 Somersault	~	3.5	2.2	~	~	3.3	3.0	~	~	~	3.4	~
631	Armstand Rev half Somersault	2.0	1.9	1.7	~	2.0	1.9	1.7	~	1.8	1.7	1.5	~
632	Armstand Rev 1 Somersault	~	2.3	2.1	~	~	2.2	2.0	~	~	2.1	1.9	~
633	Armstand Rev 1.5 Somersault	~	2.3	2.0	~	~	2.3	2.0	~	~	2.4	2.1	~
634	Armstand Rev 2 Somersault	~	2.9	2.6	~	~	2.8	2.5	~	~	3.0	2.7	~
636	Armstand Rev 3 Somersault	~	~	3.3	~	~	~	3.1	~	~	~	~	~
6122	Armstand Fwd Somersault 1 Twist	~	~	~	2.6	~	~	~	2.5	~	~	~	2.4
6124	Armstand Fwd Somersault 2 Twist	~	~	~	2.9	~	~	~	2.8	~	~	~	2.7
6142	Armstand Fwd 2 Somersault 1 Twist	~	~	~	3.1	~	~	~	3.0	~	~	~	3.2
6144	Armstand Fwd 2 Somersault 2 Twist	~	~	~	3.4	~	~	~	3.3	~	~	~	3.5
6162	Armstand Fwd 3 Somersault 1 Twist	~	~	3.8	~	~	~	~	~	~	~	~	~
6221	Armstand Bwd Somersault half Twist	~	~	~	1.8	~	~	~	1.7	~	~	~	1.6
6241	Armstand Bwd 2 Somersault half Twist	~	2.7	2.4	~	~	2.6	2.3	~	~	2.8	2.5	~
6243	Armstand Bwd 2 Somersault 1.5 Twist	~	~	~	3.2	~	~	~	3.1	~	~	~	3.3
6245	Armstand Bwd 2 Somersault 2.5 Twist	~	~	~	3.6	~	~	~	3.5	~	~	~	3.7
6261	Armstand Bwd 3 Somersault half Twist	~	3.4	3.1	~	~	3.2	2.9	~	~	3.6	3.3	~

Platform		10M				7.5M				5M			
		Str	Pike	Tuck	Free	Straight	Pike	Tuck	Free	Str	Pike	Tuck	Free
Forward Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5111	Forward Dive Half Twist	2.0	1.9	1.8	~	2.0	1.9	1.8	~	1.8	1.7	1.6	~
5112	Forward Dive 1 Twist	2.2	2.1	~	~	2.2	2.1	~	~	2.0	1.9	~	~
5121	Forward Somersault 1 Twist	~	~	~	1.9	~	~	~	1.8	~	~	~	1.7
5122	Forward Somersault 1 Twist	~	~	~	2.1	~	~	~	2.0	~	~	~	1.9
5124	Forward Somersault 2 Twist	~	~	~	2.5	~	~	~	2.4	~	~	~	2.3
5131	Forward 1.5 Somersault half Twist	~	~	~	1.9	~	~	~	1.9	~	~	~	2.0
5132	Forward 1.5 Somersault 1 Twist	~	~	~	2.1	~	~	~	2.1	~	~	~	2.2
5134	Forward 1.5 Somersault 2 Twist	~	~	~	2.5	~	~	~	2.5	~	~	~	2.6
5136	Forward 1.5 Somersault 3 Twist	~	~	~	2.9	~	~	~	2.9	~	~	~	3.0
5138	Forward 1.5 Somersault 4 Twist	~	~	~	3.3	~	~	~	3.3	~	~	~	3.4
5152	Forward 2.5 Somersault 1 Twist	~	2.9	2.7	~	~	3.0	2.8	~	~	3.2	3.0	~
5154	Forward 2.5 Somersault 2 Twist	~	3.3	3.1	~	~	3.4	3.2	~	~	3.6	3.4	~
5172	Forward 3.5 Somersault 1 Twist	~	3.6	3.3	~	~	3.7	3.4	~	~	~	~	~
Backward Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5211	Back Dive Half Twist	2.0	1.9	1.8	~	2.0	1.9	1.8	~	1.8	1.7	1.6	~
5212	Back Dive 1 Twist	2.2	~	~	~	2.2	~	~	~	2.0	~	~	~
5221	Back Somersault half Twist	~	~	~	1.9	~	~	~	1.8	~	~	~	1.7
5222	Back Somersault 1 Twist	~	~	~	2.1	~	~	~	2.0	~	~	~	1.9
5223	Back Somersault 1.5 Twist	~	~	~	2.5	~	~	~	2.4	~	~	~	2.3
5225	Back Somersault 2.5 Twist	~	~	~	2.9	~	~	~	2.8	~	~	~	2.7
5231	Back 1.5 Somersault half Twist	~	~	~	2.0	~	~	~	2.0	~	~	~	2.1
5233	Back 1.5 Somersault 1.5 Twist	~	~	~	2.4	~	~	~	2.4	~	~	~	2.5
5235	Back 1.5 Somersault 2.5 Twist	~	~	~	2.8	~	~	~	2.8	~	~	~	2.9
5237	Back 1.5 Somersault 3.5 Twist	~	~	~	3.2	~	~	~	3.2	~	~	~	3.3
5239	Back 1.5 Somersault 4.5 Twist	~	~	~	3.6	~	~	~	3.6	~	~	~	3.7
5251	Back 2.5 Somersault half Twist	~	2.6	2.4	~	~	2.7	2.5	~	~	2.9	2.7	~
5253	Back 2.5 Somersault 1.5 Twist	~	3.4	~	~	~	3.5	~	~	~	~	~	~
5255	Back 2.5 Somersault 2.5 Twist	~	3.8	3.6	~	~	~	~	~	~	~	~	~
5271	Back 3.5 Somersault half Twist	~	3.2	2.9	~	~	~	~	~	~	~	~	~
Reverse Twisting Group		A	B	C	D	A	B	C	D	A	B	C	D
5311	Reverse Dive half Twist	2.1	2.0	1.9	~	2.1	2.0	1.9	~	1.9	1.8	1.7	~
5312	Reverse Dive 1 Twist	2.3	~	~	~	2.3	~	~	~	2.1	~	~	~
5321	Reverse Somersault half Twist	~	~	~	2.0	~	~	~	1.9	~	~	~	1.8
5322	Reverse Somersault 1 Twist	~	~	~	2.2	~	~	~	2.1	~	~	~	2.0
5323	Reverse Somersault 1.5 Twist	~	~	~	2.6	~	~	~	2.5	~	~	~	2.4
5325	Reverse Somersault 2.5 Twist	~	~	~	3.0	~	~	~	2.9	~	~	~	2.8
5331	Reverse 1.5 Somersault half Twist	~	~	~	2.1	~	~	~	2.1	~	~	~	2.2
5333	Reverse 1.5 Somersault 1.5 Twist	~	~	~	2.5	~	~	~	2.5	~	~	~	2.6
5335	Reverse 1.5 Somersault 2.5 Twist	~	~	~	2.9	~	~	~	2.9	~	~	~	3.0
5337	Reverse 1.5 Somersault 3.5 Twist	~	~	~	3.3	~	~	~	3.3	~	~	~	3.4
5339	Reverse 1.5 Somersault 4.5 Twist	~	~	~	3.7	~	~	~	3.7	~	~	~	~
5351	Reverse 2.5 Somersault half Twist	~	2.6	2.4	~	~	2.7	2.5	~	~	2.9	2.7	~
5353	Reverse 2.5 Somersault 1.5 Twist	~	3.4	3.2	~	~	3.5	3.3	~	~	~	3.5	~
5371	Reverse 3.5 Somersault half Twist	~	3.3	3.0	~	~	~	~	~	~	~	~	~

4. Grade System (Stepping Stones)

Albatross divers progress through “Stepping Stones”. This is a tried and tested method for building steadily on skill mastered in order to achieve the next level.

GRADE	Step 1	Step 2	Step 5
BOARD			
Poolside	100A with A/S	Forward Pike Roll	100B with A/S
	100C with A/S	Spring Header	101C
	Forward tuck roll	200A With A/S	201 A/S
	Back tuck roll	Back pike roll	400A
	Forward Pike Fall	Back Crouch Dive	300A with A/S
	Back Circle	200C with A/S	Back Fall Pike Sit
	Forward crouch Spring		
	Step 3	Step 4	Step 6
1Metre	100A with A/S	200C With A/S	200B with A/S
	100C with A/S	Back Fall Straight	100A with Hurdle Step
	Forward Pike Fall	100B with A/S	101C/B with A/S
	200A with A/S		
3 Metre	100A with A/S	Forward Pike Fall	Back fall straight
	Forward Tuck Line Up	100C with A/S	starting with hands
		200A with A/S	on front of thighs
			200C with A/S
5 Metre	100A with A/S	Forward Tuck Line Up	Forward Pike Fall
			100C with A/S

GRADE	Step 7	Step 9	Step 10
BOARD			
Poolside	102C with A/S 200B with A/S Back pike sit with A/S Reverse pike sit with A/S Inward pike wedge or Tuck Drop Bubble Rip	611 Armstand	621 Back Armstand (Supported)
	Step 8		
1 Metre	102C with A/S 401B/C with A/S 201B/C with A/S 301B/C with A/S	103C with A/S 301C with Hurdle Step 202/3C with A/S 102 Dish with A/S 202 Dish with A/S	103B with Hurdle Step 402/3C with A/S 302/3C with A/S 5122D 5221D
3 Metre	Back tuck line up 200B with A/S 101C with A/S	401C with A/S	201C with A/S
5 Metre	200A with A/S	101C 200C with A/S	Back Tuck Line Up 401C

Divers must attain an average mark of 4.5 for each movement of the step before being eligible to take the next step up with no retakes.



	Nat. Skills Level 2 E,D,C.
	Nat. Skills Level 2 B+
	Nat. Skills Level 2 E,D,C, B+

5. Doping Issues in Sport

World anti-doping code: What Every Diver Needs To Know

The World Anti-Doping Code is an international set of rules and guidelines to protect sport from doping, at ALL levels. It aims to simplify the anti doping rules and provide a fair and comprehensive guide for athletes across the globe. It provides the following advice to athletes;

As an athlete YOU are solely responsible for your own actions. If you break the anti doping rules of sport-even unwittingly, you could face up to a LIFE TIME BAN. For this reason it is vital that you understand what the code is about and what it means to you.

Testing is the most effective way of demonstrating that athletes are competing without the use of prohibited substances or methods. The code requires anti doping organisations (in the case of diving these are FINA and UK Sport) to nominate the levels at which they plan to test. FINA and Sport UK have established National Registered Testing Pools (NRTP's) and Domestic Testing Pools (DTPs).

NRTP stipulated that divers are eligible for testing if they:

- Are on the World Class Performance Programme
- Are on the Junior Olympic Programme
- Have been on one of the lists above but are no longer

FINA test at training camps at home and abroad and at competitions.

Sport UK test at training camps at home or abroad and at competitions.

DTPs: Divers are eligible for testing is they are:

- Part of a home counties team for the Commonwealth Games
- On the Junior Talent Programme (JTP)

Athletes may find that you need to take 'illegal' drugs for legitimate reasons in which case other permitted alternatives should firstly be explored by your GP. If this is not possible then you need to apply for a therapeutic use exemption Certificate (TUE) through FINA. Some substances that seem harmless may require a TUE certificate. Examples are;

- Asthma inhalers
- Glucocorticosteroid drugs found in eardrops

Under the WADA Code there is no excuse for ignorance and inadvertent doping!

Always check medicines carefully against the prohibited list and inform your doctor or pharmacist about the rules under which you compete

More information can be found on:

- The ASA Website www.britishswimming.org.uk under 'DOPING' .
- The UK Sport website www.uk sport.gov.uk
- A drug information data base on www.didglobal.com
- Drug information e mail: drug-free@uksport.gov.uk
- Drug information line (free phone) +44 (0)800 528 0004
- www.100percentme.co.uk

6. Medical Declaration Form

Surname											
First Name											Miss / Mr / Ms / Mrs
Address											
Post Code						Tel No. (incl. STD Code)					
E-mail:											
Date of Birth						Registration No.					
Club											

Doctor's name (GP)											
Address											
Post Code						Tel No. (incl. STD Code)					

Please indicate medication taken for treatment of asthma by ticking the appropriate box

SALBUTAMOL (i.e. Ventolin)	A	<input type="checkbox"/>	BUDESONIDE (Pulmicort)	E	<input type="checkbox"/>
SALMETEROL (i.e. Serevent)	B	<input type="checkbox"/>	BECLOMETHASONE (i.e. Becotide)	F	<input type="checkbox"/>
TERBUTALINE (i.e. Bricanyl)	C	<input type="checkbox"/>			
FLUTICASONE (i.e. Flxotide)	D	<input type="checkbox"/>			
Other medication taken for the treatment of asthma	G	<input type="checkbox"/>	Name of Medication:		

Please list below ALL medication currently being taken for any other medical condition along with any dietary or nutritional supplements in the space below:

If necessary please continue on a plain sheet and indicate that an additional sheet is attached by ticking this box

Signature of competitor
If under 18 years of age Signature of parent or person in loco parentis
Date

Please return a copy to the Registration Department, ASFGB, Freepost LE6678, Loughborough, LE11 0BR and a copy to be retained by competitor



7. Code of Conduct and Form

Albatross DC Reading

The code of conduct is a set of guidelines and procedures which outline the responsibilities and behaviour of both staff members of the Albatross Diving Club. Whilst it is specifically aimed at "away" trips where travel and accommodation are required, it is expected that the principles of the Code of Conduct should be followed at all events and during training sessions.

Code of Conduct

Behaviour and personal conduct must at all times be of a high standard and reflect favourably on the sport, and the club. Language in public or relevant group situations must always be appropriate and socially acceptable.

Consumption of alcohol is totally forbidden for athletes under legal age as defined by UK law. It must not be consumed by divers or staff members whilst en route, prior to, or following a competition event, training camp or team activities, without specific consent of the Lead Coach. During competition alcohol is strictly forbidden to all divers and staff.

Smoking is prohibited by divers and staff whilst en route, prior to, during or following a competition event, training session or team activities.

Personal Appearance shall be appropriate to the circumstances and as indicated by the Lead Coach. Team kit and equipment shall be worn as directed when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.

Attendance at all activities is expected unless absence is agreed by the Lead Coach. Throughout the duration of the trip divers should inform staff of their whereabouts. Punctuality on all occasions is essential and any curfew must be observed.

In addition it is expected that all members of the Albatross Diving Club, when attending any event or training session shall:

- Comply with the codes, rules and laws within the guidelines set out by the ASA
- Behave without discrimination on the grounds of race, colour, language, religion, birth or social status as set out in the equal opportunities policy.
- Respect the basic human rights, worth and dignity of each member.
- Not encourage swimmers, volunteers, officials or parents to violate the rules of the club or the sport
- Observe the authority and the decisions of all officials
- Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool
- Treat other competitors and teams with respect, in victory and defeat

Illegal and performance enhancing drugs and substances are strictly forbidden. Divers are expected to be aware of the current list of banned substances and particular care must be exercised if taking medication prior to or during a competition. (See appendixes 5 and 6).

Accommodation at hotels or equivalent must be as directed by the club staff and at no times must anyone extra be accommodated in a diver's room.

Sanctions: Breaches of the Code of Conduct shall be dealt with in the first instance by the Lead Coach. A further course of action will be agreed by the committee and the club will take such further action as is deemed necessary.

Code of Conduct – Form



Declaration:

This is to confirm that I have read and understand the Albatross Diving Club Code of Conduct as set out in the club handbook (2011 version) and agree to comply with all of the policies explained therein.

Name (please print): _____

Signed: _____

Date: _____

For members under 12 years

As the parent/carer of the above named member, I hereby confirm that I have explained the contents and implications of the Code of Conduct as set out in the club handbook (2011 version).

Signed: _____ (parent/carer)

Date: _____



Club Membership Form



Albatross Diving Club – Membership Form

THIS FORM IS TO BE COMPLETED BY PARENT OR CARER IF APPLICANT AGED 18 OR UNDER.

Section A

MEMBERSHIP DETAILS

Members Name: _____ D.O.B.  _____

Address: _____

Post Code: _____ Home tel: _____

Mobile no: _____

Gender: Male/Female (circle as appropriate)

Next of Kin (name):

Address: _____

Post Code: _____ Home tel: _____



Mobile no: _____

Emergency contact information (Please note that the emergency contact numbers should not be those of immediate family i.e. parent or guardian)

First emergency contact:

Name: _____

Address: _____

Post Code: _____ Home tel: _____

Mobile no: _____

Second emergency contact:

Name: _____

Address: _____

Post Code: _____ Home tel: _____

Mobile no: _____



Section B

MEDICAL DETAILS

Doctors name _____ Surgery _____

Address: _____

Post Code: _____ Tel: _____

We have set up a medical register of any physical conditions that may affect your training. This will be treated in the strictest confidence and will be covered by the data protection act.

Please tick the appropriate box below and describe the condition in Section C. This will ensure that all coaches are aware of any difficulties that may arise.

Asthma

Physical disability (ambulant)

Visual impairment

Learning disability

Hearing impairment

Other disability or illness (Please describe briefly here and continue in Section C) _____



Section C

Medical Conditions

If you ticked a box in Section B please describe the problem and provide details of any medication taken, treatment needed, or any other information that might be useful below:

Section D

Declaration

I confirm the above information is correct and that I have read through the code of conduct and safety rules of Albatross Diving Club with my son/daughter and have made sure that they understand and agree to abide by them.

Signature of Parent or Carer (if under 18 years of age)

Signed: _____ (parent/carer)

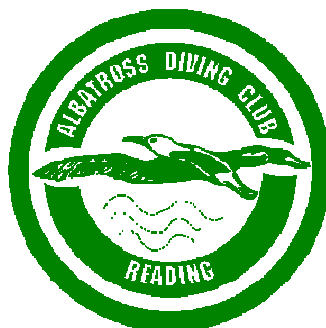
Print name: _____ Date: _____

Signature of Member

Signed: _____ (parent/carer)

Print name: _____ Date: _____





Affiliated to South East Region Amateur Swimming Association.

With thanks,
Albatross Diving Club of Reading

(www.albatross-dc.co.uk)

