



## **Swimming Canada Diving Progression**

### **Purpose:**

Diving is the act of entering the water with the hands, arms and head first and therefore has a high degree of danger to the head or spine should an impact occur. Impact may include the pool bottom or other swimmers. The diving progression is a step by step process to teach swimmers to dive safely from the blocks.

### **Safety Notes:**

Always protect the head. Diving must always be taught with hands and arms in the streamline position, entering the water before the head.

The initial teaching of diving should only occur in pools a minimum of 2.0 metres deep. Once swimmers can demonstrate the ability to perform a shallow dive from the edge of the pool on a consistent basis they may move to the starting blocks as outlined in the progression. Swimmers may enter competitive club programs having completed some of the steps however it is the club's responsibility to evaluate each swimmer to ensure their safety.

### **Dive Readiness:**

Before moving to the next stage in the progression, a coach should observe each swimmer entering the water with a shallow dive, at approximately a 45° angle, where the depth of the dive is less than 1.0 metre. Swimmers must also be able to maintain their arms in streamline following the dive.

Before moving to the next stage in the progression, a coach should observe each swimmer completing the skill a minimum of 10 times.

### **Progression:** (Key points in Appendix A)

1. Safe Entry / Exit
2. Crocodile Dive
3. Kneeling Dive
4. Crouch Dive
5. Standing Dive
6. Shallow Dive with Arm Swing\*

Before progressing to the blocks, a coach should observe each swimmer executing a shallow dive with arm swing a minimum of ten times.

7. Grab Start\* (from blocks; First must be able to perform the shallow angle start from the deck)
8. Track Start\* (from blocks; First must be able to perform the shallow angle start from the deck)

\*Swimmers who have completed the Shallow Dive with Arm Swing should first learn to use blocks in a pool that is a minimum of 2.0m deep.



## **Appendix A**

### **Safe Entry/Exit**

- Look before entry
  - No objects or people in the way
- Feet first from sitting or standing position
- Exit safely in any way.
  - Ladder, edge, stairs, lift self over edge, lift for possible para swimmers

### **Crocodile Dive**

- Lie on stomach on a slippery surface by the edge
  - e.g. large floating mat
- Wiggle forward until the body is leaning over the edge
- Extend the arms forward, squeezing the ears
- Stack one hand flat over the other
- Drop the chin to the chest
- Lean forward, slide into the water, hands and head first

### **Kneeling Dive**

- Put one knee at the edge
- Firmly grip the edge with the toes of the other foot
- Extend the arms forward, squeezing the ears
- Place one hand flat over the other
- Keep head between arms
- Raise the hips and lean forward, chest on forward knee
- Push off edge with the foot, let body fall forward
- Enter the water, hands and head first with the body stretched

### **Crouch Dive**

- Grip the edge with the toes of both feet
- Place the feet hip width apart, knees bent in a crouching position
- Extend the arms forward, squeezing the ears
- Place one hand flat over the other
- Keep head between arms
- Bend forward until hand nearly touching water (deck level pools)
- Raise hips while bending
- Fall head first into water,
- Once in water, stretch into a streamlined front dive

### **Standing Dive**



- Feet hip width apart, gripping the edge with toes of both feet
- Extend the arms forward, squeezing the ears
- Place one hand flat over the other
- Lean forward and push against the edge with the feet while pushing hips up
- Keep head between arms, look towards the entry point
- Once in water, stretch into a streamlined front dive
  - Optional: split feet, similar to a track start

### **Shallow Dive with arm swing**

- Feet hip width apart, gripping the edge with toes of both feet
- Bend the knees and lean forward with arms hanging loosely down
- Look forward (1.5 – 2.5 metres, depending on height)
- Double swing both arms back
- Lean forward and push off as arms swing forward
  - Swimmers must demonstrate a shallow dive with arm swing from the edge before attempting a track start from the edge.

### **Optional: Assorted Fun Water Entries**

The following activities, while not specific to diving, assist the swimmer with their physically literacy, learning to move their body while in the air prior to doing shallow dives.

#### **Stride Entry**

- Lunge into the water with one leg forward and other leg back
- Spread the arms out to the side with the palms facing down
- Lean forward, make a shallow entry, attempt to keep head out while entering

#### **Other Entries**

- Cannon Ball, Belly Flop, Star Jump, Pencil Jump or other body movements to learn jumping agility