

Diving Safety Rules Regarding Coaching Stacked Platforms at Competitions.

1. Where it is not possible to see the full length of the platforms from the far side, coaches must coach from the near side or have a delegate on that side call the platform to signal for their diver.
2. A coach with a diver on a given platform (for example 10 meter) must ensure that no diver is proceeding to dive on a conflicting platform (for example 5 meter). This can be done by calling "HOLD FIVE" with an acknowledgement by the diver or by other clear communication and acknowledgement.
3. After the conflicting platform is holding the coach must check the target area and ensure that no diver is in or capable of entering that zone during the up coming dive. At this point they may signal their diver to proceed (for example "GO TEN.")
4. All divers waiting to dive must stand away from the start position so that there is no confusion about who is going and so they cannot in fact dive without a delay to get into position.
5. Divers must be trained to check their target area to ensure that it is clear.
6. They must call to the conflicting platform over the side for example "HOLD FIVE! TEN GOING!" before the signal of their coach.
7. Coaches of divers on conflicting platforms and their divers must ensure that the signals of the coach and diver who is going are acknowledged and ensure that they do not proceed without also following the protocol when it is their turn.

This system will be in place during practice times at all National Championships.