

DIVING BOARD RULES

1. **One person on the board at a time.**
2. **One bounce per person.**
3. **Moving the fulcrum on the boards will not be allowed. The fulcrum must remain in the forward position.**
4. **Jump straight off the board. Jumping or diving from the side of the board is prohibited.**
5. **Diving off the board from a handstand position will not be allowed.**
6. **No gainers (reverse dive) or anything backwards off the board.**
7. **No diving with goggles or life jackets.**
8. **At the discretion of the lifeguard, a swim test may be given before a participant is allowed to use the boards.**
9. **No hanging off the board.**
10. **Swimmers must be 48" (4') in height before using the 3 meter board.**
11. **After diving, move quickly out of the way of the next diver.**
12. **Wait until the previous diver has cleared the area below the board and has reached the ladder.**
13. **Exit the pool using the ladder, not the bulkhead.**
14. **Obey all instructions from the lifeguard when using the diving board.**
15. **Any person having an infectious or communicable disease is prohibited from using the pool.**
16. **Persons having open blisters, sores, or rashes are prohibited from using the pool.**
17. **Swimming under the bulkheads is prohibited.**

Rule violations may lead to removal from the facility or pool area.