

## Swimming Pool Information

### Halifax Swimming Pool

Skircoat Road  
Halifax  
HX1 2JN  
Tel: 01422 366624  
Email: chris.chambers@calderdale.gov.uk

### Brighouse Pool and Fitness Centre

Woodvale Road  
Brighouse  
HD6 4AX  
Tel: 01422 288068  
Email: samantha.carter-chiles@calderdale.gov.uk

### Sowerby Bridge Pool and Fitness Centre

Station Road  
Sowerby Bridge HX6 3AB  
Tel: 01422 288078  
Email: samantha.carter-chiles@calderdale.gov.uk

### Todmorden Sports Centre

Ewood Lane  
Todmorden  
OL14 7DF  
Tel: 01706 839090  
Email: samantha.carter-chiles@calderdale.gov.uk

## Course and Award Information

# Calderdale Diving Development Scheme and Awards

### Do you qualify for a Passport to Leisure?



A Passport to Leisure card gives fantastic discounts on sport, recreation and leisure, is free to join and lasts for two years.

To see if you qualify, pick up a leaflet at your local pool or leisure centre or visit [www.calderdale.gov.uk/leisurepass](http://www.calderdale.gov.uk/leisurepass)

If you would like this information in another format or language, please contact: **0845 245 6000**

**Tel: 01422 343106**  
for more details



# Course Information

## Lesson Organisation

- 1 All teachers are qualified to ASA, or equivalent, standard and while every effort will be made for you to have the same teacher through a set lesson period, this cannot be guaranteed as unforeseen circumstances arise.
- 2 A full range of diving abilities are taught from beginner to advanced level. You may progress through the entire system by re-enrolling at the end of each course (a place is guaranteed up until the revised date on the re-enrolment letter) or you may end at any level you wish.

- 3 As progression through the scheme varies from person to person the numbers of pupils in a class may vary. We also have a minimum number of pupils which must be achieved to enable a class to run. As a result, it is necessary on occasions to amalgamate classes which cause changes in times of classes and on rare occasions a change of days. Although every effort is made to avoid this, management reserves the right to alter times or cancel lessons. On rare occasions if pupils are placed in the wrong standard of class, it may be necessary to adjust the time/day of the pupil's lesson.  
If you find you cannot attend your new time, please contact the Duty Manager and he/she will make every effort to find a suitable alternative time.
- 4 Persons accompanying children attending lessons may spectate free of charge. Viewing is from the balcony and not the poolside.
- 5 Information letters will be given out during the course concerning re-enrolment. If you do not receive your re-enrolment letter by your last week, please ask for one at reception. If you are on holiday at the end of a course of lessons and you wish to re-enrol, please see the Receptionist.



## Advice for parents to help the teachers be more effective

- 1 Allow time for your child to digest their food before the start of a lesson and avoid fizzy drinks for a minimum of one hour.
- 2 Ensure your child goes to the toilet before the start of a lesson.
- 3 Arrive in plenty of time before the lesson.
- 4 It is recommended that children do not go into the pool before the start of the lesson (keeping their energy for the lesson). Children should sit at the poolside where previously shown by the teacher. The normal admissions policy should be adhered to at all times.
- 5 No chewing gum during the lesson.
- 6 Do not bring an un-well child to a lesson as the lessons are strenuous and taxing.
- 7 Many parents will want to watch their child progress but please remember that distractions from parents reduce the effectiveness of the lesson.
- 8 If your child has any medical condition or recent injury then please ensure your diving teacher is informed.  
If an emergency situation arises, the teacher will take the children out of the pool. Should an evacuation of the building be necessary the teacher will ensure the children leave the building. Could parents please allow the teacher to keep the group together as the teacher will have a register to account for the group at all times.
- 9 The Pool Admission Policy must be followed at all times.

## Cancellation/ Non-attendance

### Bad Weather

In circumstances when the weather is poor, there are occasions when it is necessary to cancel classes. Due to the quirks of wintry weather this may be at short notice, although every effort will be made to inform customers in reasonable time. If in doubt, contact the facility concerned and you will be advised of the situation.

Where cancellation takes place, you will be credited with a lesson when you re-enrol, i.e. you pay for one less lesson on the next course.

### Non-attendance of Teacher

On the rare occasions when a teacher fails to attend at short notice, a replacement is usually found. If we are unable to do so, then you would be credited with a lesson as above.

### Do I get a refund if my child is ill?

Refunds for illness will only be considered if you have a valid doctor's certificate resulting in half or most of the course being missed. The Council at its sole discretion will only give refunds for other reasons under clear exceptional or unusual circumstances.

**Note: Annual holiday would not entitle you to a refund.**

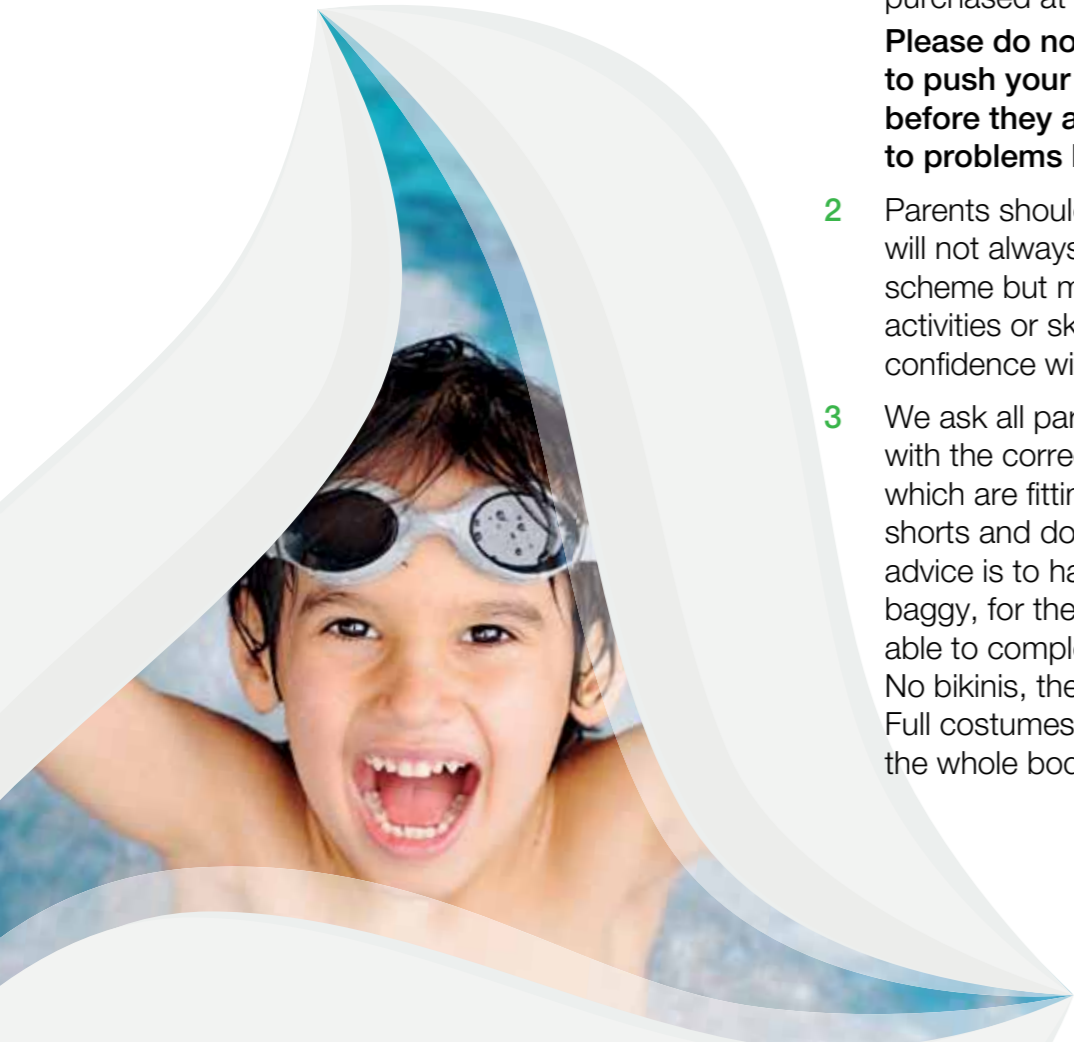
### Facility Closure

If a pool closes for either short notice or planned maintenance reasons, cancelled lessons will be credited.

## Consultation with teachers

Parents often have a point to make about the way their children are taught.

However, if you try to make the point when teachers are on the poolside the effect is often to delay subsequent classes or reduce teaching time for other children. The management therefore respectfully request that customers arrange a consultation with the teacher. Simply leave your telephone number at reception, the name of your teacher and class time. The teacher will call you back at the end of the lesson period or at a time which is mutually convenient.



## Health & Welfare

If participants in our lessons programme have a health problem or condition you should inform the staff at the enrolment, since the teacher may need to be aware of the potential implications. The information you give will be treated in the strictest confidence.

**If you or the teaching staff is in doubt as to the suitability of diving for you or your child, you may be referred to your GP for further advice.**

## Badge/Certificate Scheme

- 1 As a means of helping to encourage progression, particularly for children, a range of badges and certificates are available in association with the Aquatic Development Scheme which can be purchased at reception.  
**Please do not put pressure on teachers to push your children into higher grades before they are ready, as this will lead to problems later.**
- 2 Parents should be aware that teachers will not always stick rigidly to the award scheme but may introduce a range of activities or skills to enable growth in confidence within the pool environment.
- 3 We ask all parents to provide the children with the correct swimwear. This is trunks which are fitting. Shorts which are swim shorts and do not pass the knee (our advice is to have fitted shorts and not baggy, for the divers comfort and to be able to complete diving moves effectively). No bikinis, these are not suitable for diving. Full costumes which support and cover the whole body.

# Diving Lessons and Team Criteria

## The Beginners Programme

### Entry criteria

Minimum of 6 years of age  
Be able to swim 50m confidently in deep water

The beginner lessons last half an hour and are generally available on Wednesday and Friday evenings each week. Lessons run for eight to twelve weeks depending on bank holidays etc.

Beginners learn the basics of diving in the water before starting specific jumps, jumps with shapes, dives and then somersaults. After this the child is then introduced to the diving board. This will coincide with the diving scheme.



## Diving Lessons for Improvers

### Entry criteria

To have passed Level 4 and working towards Level 5

Improvers train for thirty or forty-five minutes each week and concentrate on basic dives performed from the side of the pool as well as the board. These sessions are booked as eight or twelve week courses.

# Diving Awards

## Level 1

1	Forward straight jump	PS
2	Forward jump tuck	PS
3	Forward tuck roll from poolside	PS
4	Perform a sitting dive with hands grabbed	PS
5	Forward pike fall line up from poolside	PS
6	Forward jump straight with arm swing	PS
7	Forward jump tuck with arm swing	PS
8	Crouch forward dive	PS

## Level 2

1	Push and glide - back circle	W
2	Back tuck roll from poolside	PS
3	Back safety fall	PS
4	Back jump straight	PS
5	Sitting forward dive	PS
6	Back jump tuck	PS
7	Back pike site from standing	PS
8	Back jump straight with arm swing	PS
9	Pike fall (line up)	1m

## Level 3

1	Forward dive straight	PS
2	Crouched back dive	PS
3	Forward pike wedge	PS
4	Dry land 1 step hurdle	PS
5	Back dive straight	PS
6	Forward jump tuck with arm swing	1m
7	Forward pike line up, hands grabbed	1m
8	Back jump straight with arm swing	1m
9	Back dive straight with arm swing	PS
10	Forward dive tuck	PS

# Diving Awards

## Level 4

1	Inward pike wedge	PS
2	Reverse pike site with arm swing	PS
3	Standing back fall straight	1m
4	Forward jump straight, with arm swing	1m
5	Back jump tuck with arm swing	1m
6	Forward dive tuck with arm swing	1m
7	Pike fall 'T' shape	3m
8	Forward pike line up, hands grabbed	3m
9	Inward dive tuck	1m
10	Back dive	1m

## Level 5

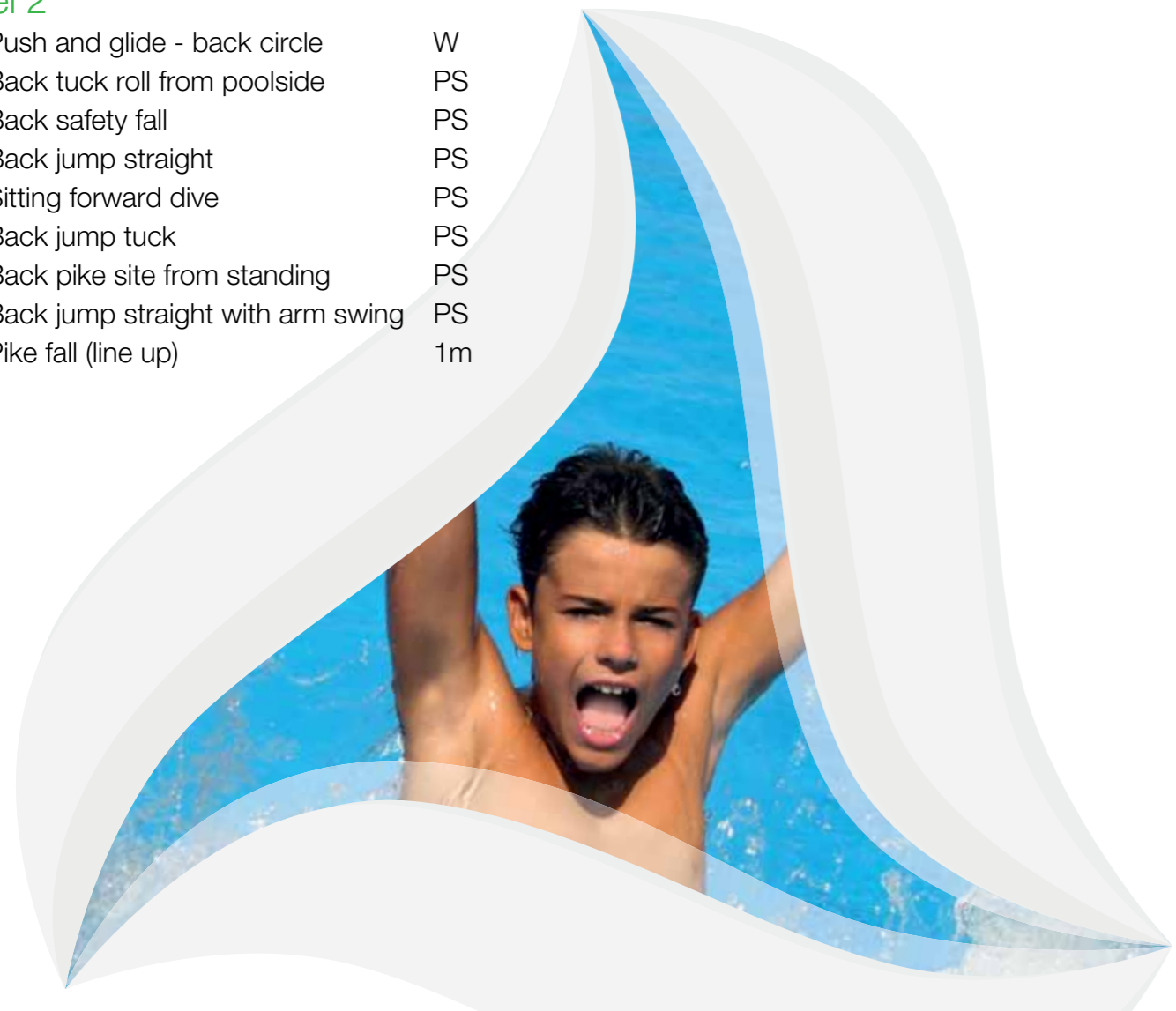
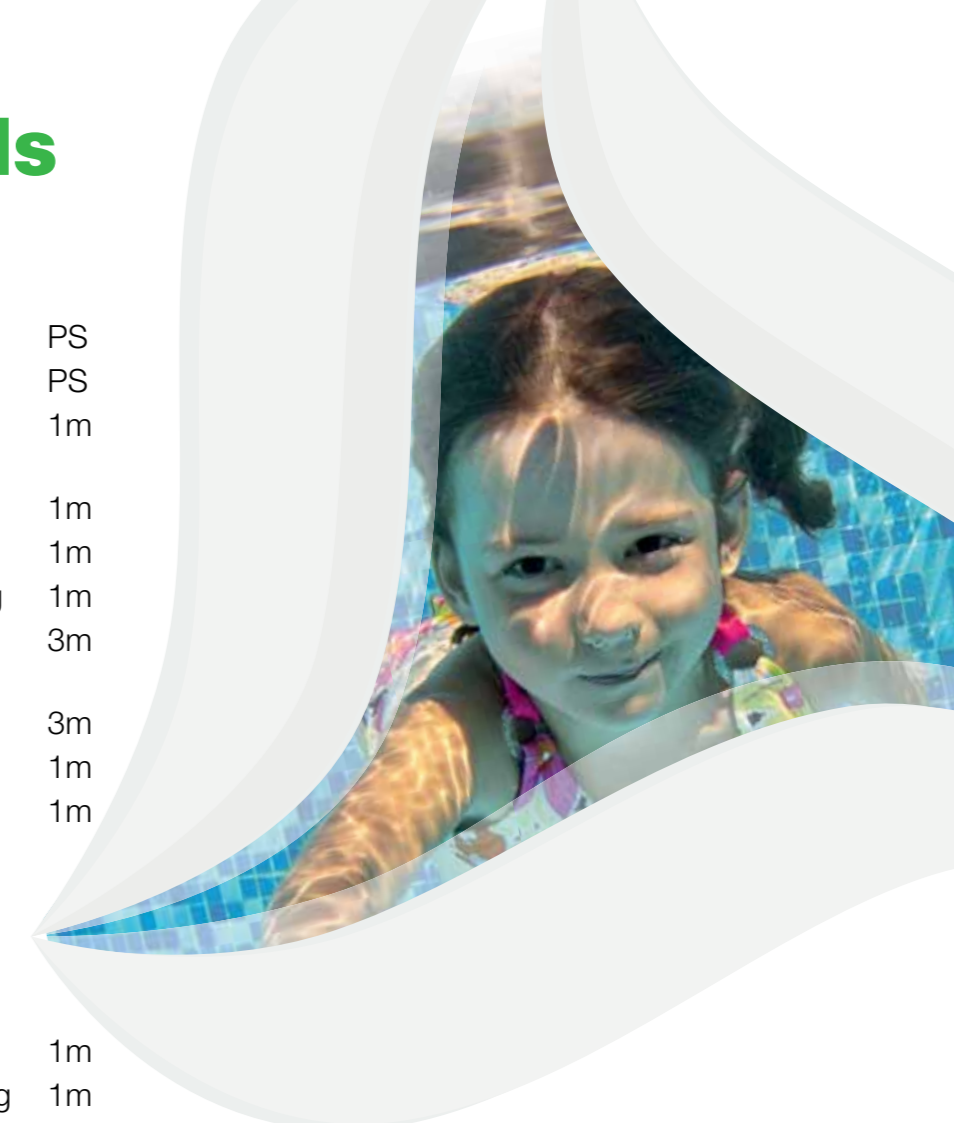
1	Perform 3 out of the 4 skills	
	• Forward dive tuck with arm swim	1m
	• Back dive tuck with arm swing	1m
	• Inward dive tuck with arm swing	1m
	• Reverse dive tuck with arm swing	1m
2	Forward somersault tuck with hurdle step	1m
3	One step, hurdle and jump	1m
4	Back jump straight with arm swing	3m
5	Forward dive tuck with arm swing	3m
6	Backward fall straight (back dive, no push)	3m
7	Backward tuck roll (back tuck line up)	3m

**W - in the water**

**PS - poolside**

**1m - 1m diving board**

**3m - 3m diving board**



## Halifax Diving Academy (Diving Club)

Children who attend diving lessons and achieve the appropriate level and dedication to the sport may be selected to attend the diving academy.

# Guidance Notice

## Hand Grab for Line-up Position

One hand grasps the other hand, interlocking thumbs, knuckles to be facing the body, arms straight.



## Tuck Shape

The body shall be compact, bent at the knees and hips, with knees and feet together, hands on lower legs and the toes pointed.



## Pike Shape

The body shall be bent at the hips but the legs must be kept straight at the knees, the feet shall be together and toes pointed.



## Straight Position

The body shall not be bent, either at the knees or at the hips, feet shall be together and toes pointed.



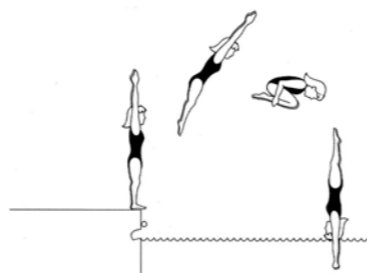
## Stretch Position

The stretch position should show hands grabbed with arms fully extended beyond head, arms close to head, legs together and toes pointed. The head should be squeezed between the arms and the body perfectly straight.



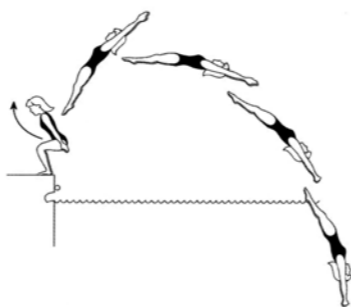
## Forward Start (performing forward dive with tuck)

Feet facing forward, legs straight, toes gripping the edge. Straight arms above head close to ears, eyes focused forward, stomach pulled in, good body posture.



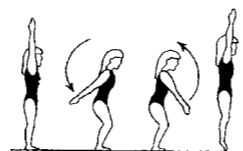
## Back Start (performing forward dive straight)

Feet should be approximately half on the poolside or board with the heels projecting over the water and slightly raised. Stomach pulled in, good body posture.



## Arm Swing

Starting with arms extended above the head, rotate arms backwards to complete a full, continuous circle finishing with arms straight above head.



# Health and Safety Information

## Tell your teacher/coach if you have any injuries or feel sick or have been sick

- 1 Do not enter the water until told by your teacher/coach
- 2 Do not practice dives that have been taught during lessons in public sessions – except forward dives (basic only)
- 3 Swim the correct way after jumping/diving off the diving boards as instructed by the teacher
- 4 Do not double bounce on the diving boards
- 5 Always keep the fulcrum at the front, unless told by your teacher/coach
- 6 No eating during lessons (including chewing gum)
- 7 No jewellery (including earrings)
- 8 Go to the toilet before lessons
- 9 Have a shower before lessons unless told otherwise
- 10 Trunks and swimming costumes should be worn - not shorts or bikinis
- 11 Do not dive with goggles on
- 12 Long hair should be tied back
- 13 Listen to your teacher/coach at all times not someone else (they are the teacher/coach no-one else)
- 14 Only go on your teacher/coach's instruction, especially when on the diving boards
- 15 When using the diving board steps, walk up and down facing the steps - never facing away
- 16 Always check the water space you are diving into is free of other swimmers/divers before diving into the water
- 17 Never play around on the diving boards - act responsibly
- 18 Never attempt any dives you have seen performed by other divers who are more experienced than you unless instructed to do so by your teacher/coach

- 19 Never push in front of other divers who are waiting to dive off the same diving boards as you.

It is our belief that diving, when properly supervised, is a safe and enjoyable sport. To increase the safety aspect of diving it may be necessary from time to time for a diving coach to come into physical contact with the diver. This can occur in two situations.

## Support

Supports are used in diving to aid a diver in completing a particular movement or task. A typical example would be to ensure a diver lands head first when doing a basic dive as opposed to performing a 'belly-flop'. The use of supports also greatly increases the diver's ability to learn movements and progressive dives.

## Spotting

Spotting is used to ensure a diver does not have an accident by hitting the poolside/diving board during the performance of a dive. Spotting is performed by the coach pushing the diver (whilst airborne) into the water if the coach feels the diver is about to hit the poolside/diving board.

We hope you believe as we do that diving should be as safe and as much fun as possible. However, we fully understand that parents may have concerns over such matters so please feel free to contact your diving teacher to discuss this aspect of the sport and to answer any questions you may have. Also demonstration can be given of the most popular supports, along with a full description of why they are used and the benefits received.

# Diving - Technical Section

## Dives made simple

From the first glance diving appears to be a very complete sport, both in its execution and in its understanding. Below you will find a range of information which I hope will help you to understand the basic fundamentals of the sport.

To make things simple, some clever fellow in the international governing body (FINA) decided to give dives numbers so that no matter whom you were and what language you spoke, diving would be common to all.

### Group 1

**'Forward Dives'** - facing forwards and performed with forward rotation.

### Group 2

**'Back Dives'** - facing back to the water and performed with backward rotation.

### Group 3

**'Reverse Dives'** - facing forwards but performed with backward rotation.

### Group 4

**'Inward Dives'** - facing back to the water but performed with forward rotation.

### Group 5

**'Twisting Dives'** - just when you thought it was simple, diving combines dives from all four groups 1, 2, 3 and 4 so the body rotates and turns at the same time. Twist can also be performed in group 6 but not many divers do.

### Group 6

**'Arm-stands'** - arm-stand is the technical name for handstands and these can be performed in forward, back and reverse. Generally divers in the basic levels just go forwards.

In competitions dives can be performed from Groups 1 to 5 on springboards and all six groups from platforms. Do not worry if you see the divers' using the springboards for arm-stands, this often makes learning the learning that bit easier.

## Shapes

There are three shapes in diving - Straight, Piked and Tucked. To abbreviate them they are each given a letter to represent them.

A = Straight

B = Piked

C = Tucked

D = Free (combination of A, B, and C positions performing twist dive)

**'Straight'** - means what it says - there will be no bending of the body from the legs or hips

**'Piked'** - means only bending from the waist, the legs do not bend

**'Tucked'** - means bending both at the waist and the knees. This is the most compact shape and the fastest spinning shape for dives.

**'Free'** - is the stated position when performing twisting dives when often the dive will be performed in more than one position.



# Diving jargon explained

## Rip

Referring to the noise made on a good entry into the water, more commonly used when a dive makes no splash.

## Shape

The name given to the position in which a dive is performed. Tucked, Piked, Straight or Free for Twist dives.

## Somersault

Where the body spins around in the air forward or backward in a complete revolution. This is performed from a board or poolside. This can be done in all shapes (tuck, pike and straight for advanced divers).

## Twist

Movement about the bodies' long axis - imagine a pole from your feet to your head.

## Take-off

The part of diving which the diver spends most time perfecting. The take-off or the phase when the diver leaves the board determines the height and distance of the dive from the diving board and throughout the flight phase

## Hurdle Step

The means by which the diver performs dives from the forward and reverse. Groups from the springboards

## Entry

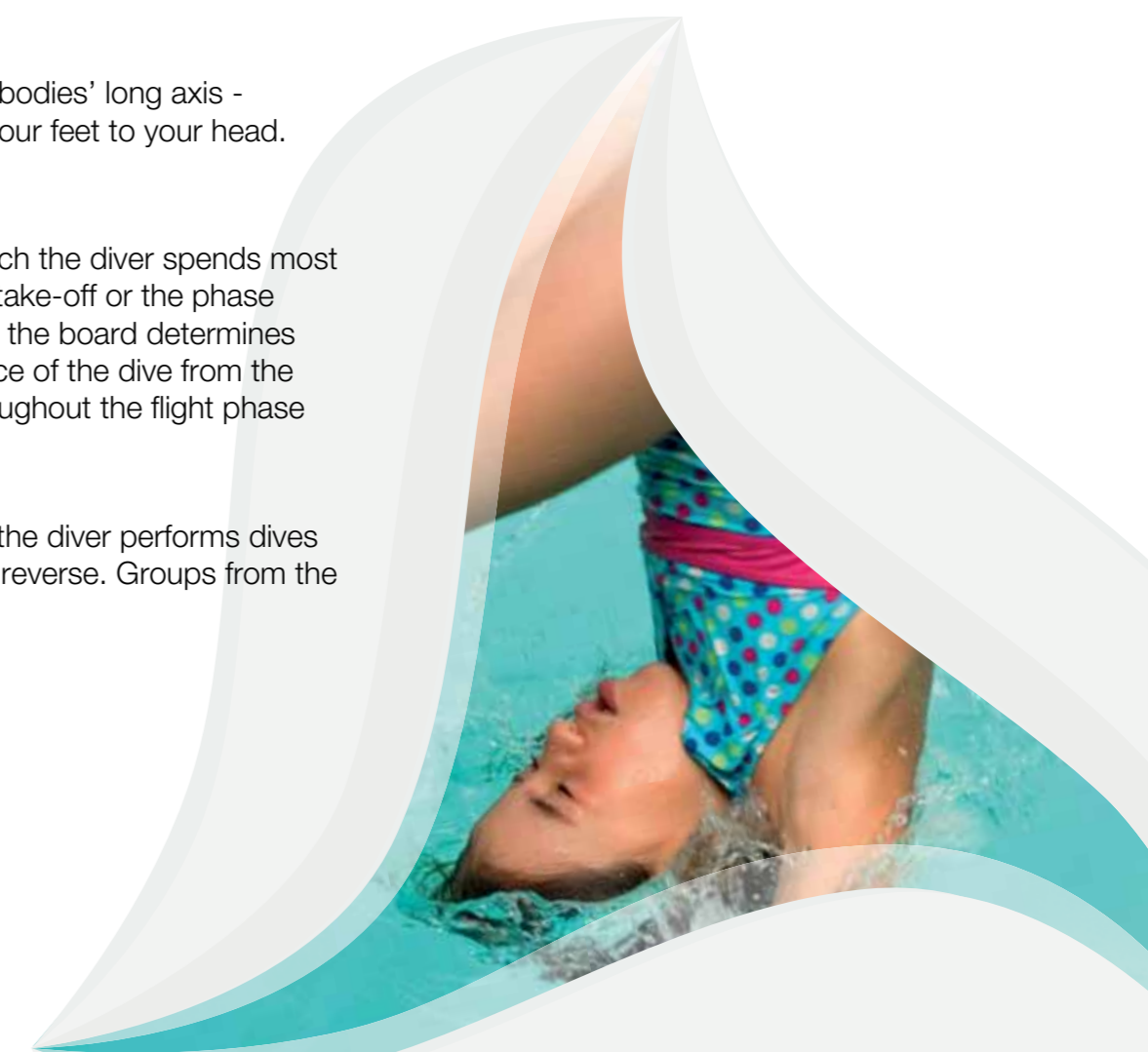
The way the diver enters the water, a dive can be one of three types of entry. Upright (vertical, short (lacking rotation) and long/over (too much rotation)

## Line-up

The technique used by the diver to enter the water. Divers often practice line-up skills!

## Lead-up

the progressions used before performing a more complex skill or new skill.



# The most commonly asked questions answered

## Q1 What equipment will be provided in the lessons?

All training equipment will be provided whilst you are on the Diving Development Scheme.

## Q2 When children arrive for the first time where should they go?

When your child turns up for their lessons please ensure they do not enter the water without the teacher's permission. Beginners will be introduced to their diving teacher on poolside around the diving pit (teachers will be wearing red t-shirts).

## Q3 How do I find the name of my child's teacher?

You can find the name of your child's teacher by asking at reception who hold a timetable for all staff. If your child's teacher is to change during their progression through the scheme you will be informed during re-enrolment via letter.

## Q4 When is it possible to talk to my child's teacher?

If you wish to talk to your child's teacher please leave your details at reception and the teacher will contact you at their earliest convenience. This will usually be on the same day as your request. Parents are asked not to disturb teachers during lessons as this can take up precious teaching time.

## Q5 Why do we sometimes have to move lesson days and times?

Children progress at different rates and those who have achieved appropriate levels move up a stage or level. If the whole class moves up a grade we can often keep the same children coming together at the same time and with the same teacher. If only some in the class have achieved the appropriate level to move up we may have to amalgamate groups or the grade your child has progressed to may only run on specific days. When these things happen, days, times and even teachers have to change to ensure your child is allocated a place in the appropriate group. If the change of lesson is not convenient, please contact the receptionist who will in turn talk to your teacher and look for another appropriate class at a more convenient time within the current lesson scheme. Children are occasionally put in a class where the children are of a different standard which would mean that your child's progress may be held back by the rest of the group. In such cases we would move your child to ensure they attend the best lesson/level for them.

## Q6 Why don't stand in teachers give awards?

If your diving teacher is absent from one of your child's lessons we ask them not to do awards with the children unless the regular teacher is going to be off for some time as your regular teacher is looking after your child's long term development and knows your child's abilities best.

## Q7 Why don't children get an award at the end of each course?

Our main aim throughout the lessons scheme is to teach children how to dive. Children are rewarded with awards as they progress but teachers do not teach the children specifically to pass the award. For children to pass an award the teacher wants to be sure that the child can do a skill repetitively and confidently, not just a one-off situation and that the appropriate dives are done in a correct and controlled manner.

## Q8 Why don't children get assessed at the end of each set of lessons?

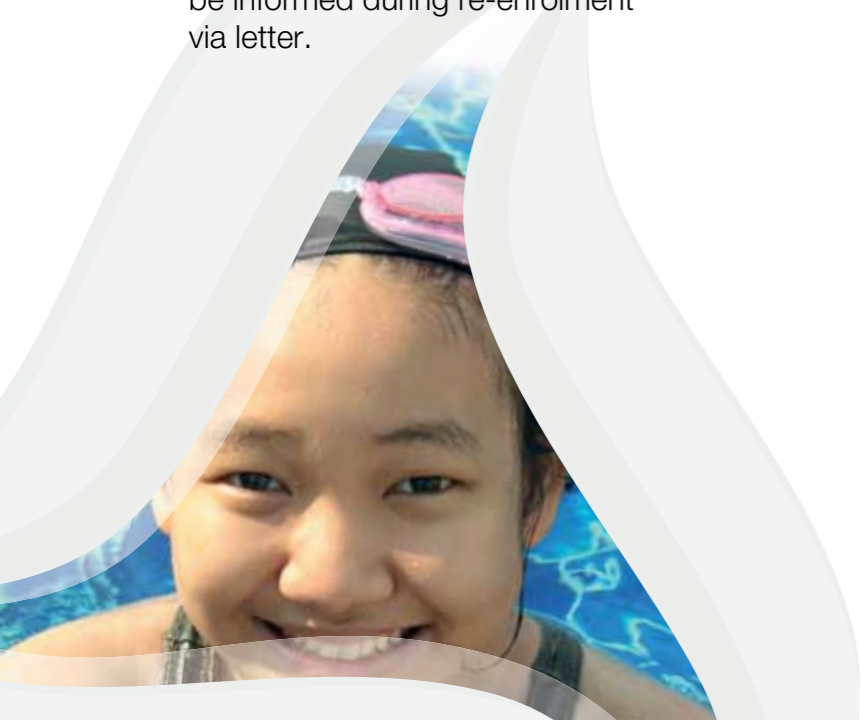
Teachers do not assess most children at the end of a term of lessons. As children progress the teachers know what they are capable of doing and will sign the award when they are happy with a child's standard. Also, if we nominate a night for the assessment some young children get anxious and if they do not pass the awards they naturally get upset. If a child misses the assessment night they may be held back.

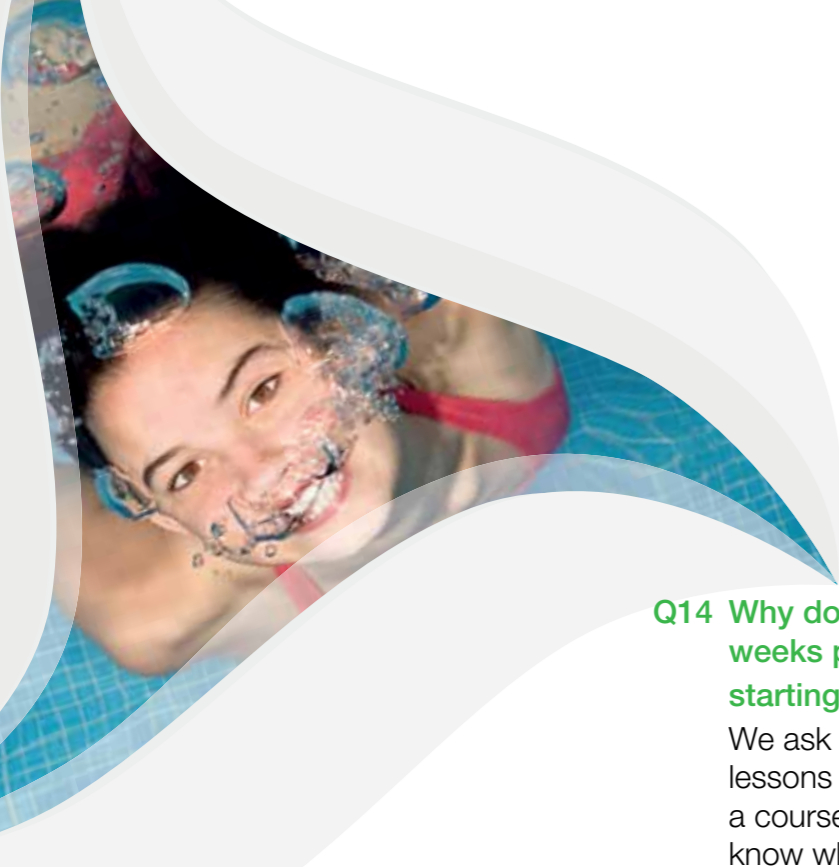
## Q9 Why has my child passed a badge and not moved classes?

Children where appropriate will move up through the scheme, rather than move class or teacher/coach, enabling teacher/coach and pupil to build up a rapport which aids the pupil's progression and development. It also means a child can attend a lesson at the same time and on the same day.

## Q10 Why are children practicing the same thing week after week?

Repetitiveness helps a diver to learn and understand the basics of diving. This enables them to follow through with more complex dives and practices.





**Q11 How many times can my child dive a week?**

This depends on each child's ability and commitment to diving, as well as vacancies within the scheme.

**Q12 When will I be able to go on to the diving boards?**

When basic understanding of poolside work has been developed. Also when a diver has the understanding of their body with general control and conditioning.

**Q13 Why has my child passed X grade and is still on the poolside?**

Sometimes there is a need to go back to basics to go forward in diving to get the understanding and knowledge for the next progression of dives.

**Q14 Why do we need to pay up to three weeks prior to our new set of lessons starting?**

We ask parents to pay for a new set of lessons three weeks before the end of a course so that on the last lesson we know who is coming back and we can amalgamate the appropriate lessons, find gaps within the scheme for children who wish to change dates and times and we can find room for children wishing to join the scheme.

**Q15 Can I watch from the poolside?**

Unfortunately this is not possible due to distractions and parent interaction implications, only in extreme circumstances would this be allowed - this is mainly due to Health and Safety issues.

**Q16 What other Aquatic opportunities are available to children who wish to develop their swimming skills?**

There are a range of classes available for children who wish to take part in other Aquatic Sports. Further information can be collected from the pool reception or by contacting Martin Bradbury on 01422 343106.

