



Excellence, Integrity, Innovation, Collaboration

## Diving Readiness Standard Confirmation

During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved. Skill #2 is not permitted at competition, an in-water start may be required for novice swimmers.

Swimmers Name	Skill#1	Skill#2	Skill#3	Skill#4	Skill#5	Skill#6*	Skill#7	Skill#8

### Dive Readiness Progression:

1. Safe Entry / Exit
2. Crocodile Dive
3. Kneeling Dive
4. Crouch Dive
5. Standing Dive
6. Shallow Dive with Arm Swing\*
7. Grab Start (from blocks)
8. Track Start (from blocks)

*\* Before progressing to skill #7 (starting from the blocks), the coach must observe the swimmer executing skill #6 (shallow dive with arm swing) entering the water at approximately a 45-degree angle and less than 1.0m deep a minimum of ten times.*

### Acknowledgement

As a registered coach with Swim Alberta, I confirm that the above-named swimmer(s) has completed the Dive Readiness Progression skills as indicated above. As outlined in the Diving Readiness Standard swimmers will only use the blocks at competition if they have completed skill #7. This record of completion will be retained by the club and be submitted to Swim Alberta immediately upon request.

COACH NAME: \_\_\_\_\_ CLUB: \_\_\_\_\_

COACH SIGNATURE: \_\_\_\_\_ CERTIFICATION #: \_\_\_\_\_