

## **Dive Readiness Progression**

1. 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 para-swimmers)
  
2. 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
  
3. 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
  
4. 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 position
  
5. Standing Dive
  - Feet hip width apart, gripping the edge with toes of both feet
  - Extend the arms forward, squeezing the ears
  - 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 position
    - Optional: split feet, similar to a track start

#### 6. 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.

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

*Before progressing to the 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 at a depth of less than 1.0m deep 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

#### Optional: Assorted Fun Water Entries

The following activities, while not specific to diving, assist swimmers with their physical literacy and how to learn 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