



# United States Diving



Dive Safe Training for Coaches  
Learn the A-B-Cs of Safe Diving Instruction

Course/Level	Course Date	Registration deadline	Site	Start Time
Local Contact	Tel	email		
Instructor	Address			

Children's top two reasons for participating in sport are to have fun and improve skills. Belly flops are not fun! Diving is a challenging sport to teach beginners because of its high skill component of fitness. Dive Safe is structured for coaches to provide successful learning experiences that help to foster a positive perceived competence for beginning divers. Dive Safe enables the diving coach, with only a tumbling mat, deep water, poolside and 1-meter available, to teach diving using guided assistance techniques like learn-to-swim and gymnastics instructors. Dive Safe is a learn-to-dive program replete with subskills. Many of the skills and stack mat drills involve handspotting to guide the diver to success during skill acquisition. Dive Safe coaches are taught spotting landmarks to assist the divers appropriately. Handspotting is especially useful with young divers who have not yet developed mature or refined postural control. Handspotting on poolside and 1-meter enables the coach to guide the diver to an appropriate take-off angle that results in safe clearance of the take-off surface. On fall-in skills handspotting enables the coach to assist in lining the diver up properly for head-first entry. The combination of Dive Safe skill progressions using layered subskills and guiding the diver to success using handspotting and stack mats enables the coach to increase the likelihood of a positive learning experience for the athlete.

**Grassroots FUNdamentals clinics are available at no charge to non-members and members and include Bronze and Silver levels with an introduction to the Gold Level.** Each level may also be scheduled separately at a cost of \$25 per coach per level or \$50 per coach for an all level course. A Dive Safe Program Director's fee is \$125 to become an authorized Dive Safe provider. Registration is limited to ten coaches per instructor. Mail registration forms and fees payable to U.S. Diving to the course instructor to reserve your place. Course length may vary.

<i>for coaches with no or minimal handspotting experience on mats or in the pool</i>	<i>for coaches who have passed Bronze skills</i>	<i>for USD safety certified coach members a minimum of 16 years old who have passed Bronze and Silver skills</i>
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**GRASSROOTS FUNDAMENTALS: BRONZE, SILVER & GOLD LEVEL INTRO  
ALL LEVEL DIVE SAFE COACH OR PROGRAM DIRECTOR**

SKILL LEVELS	BRONZE	SILVER	GOLD
<b>I</b>	2hrs WARM UP	2hrs BASIC POSITIONS	2hrs FORWARD DIVE TUCK/PIKE COMEOUT
<b>II</b>	DIVING SAFETY AWARENESS	ARM SWING	FORWARD DIVE TUCK/PIKE TAKE-OFF
<b>III</b>	UPRIGHT ALIGNMENT	FORWARD JUMP STRAIGHT	FORWARD DIVE TUCK/PIKE 1-METER WITH APPROACH
<b>IV</b>	HEAD-FIRST ENTRY ALIGNMENT	BACK JUMP STRAIGHT	BACK DIVE TUCK/PIKE COMEOUT
<b>V</b>	SURFACE DIVE WITH ROLL UNDERWATER	FORWARD FALL-IN PIKE ON 1-METER	BACK DIVE TUCK/PIKE TAKE-OFF WITH A SPOTTER
<b>VI</b>	BACK SQUAT	BACK FALL-IN STRAIGHT	BACK DIVE TUCK/PIKE
<b>VII</b>	LOW ANGLE RECREATIONAL TAKE-OFF NEAR HORIZONTAL ENTRY & STEER UP	FORWARD & BACK JUMPS TUCK	INWARD DIVE TUCK/PIKE TAKE-OFF
<b>VIII</b>	HIGH ANGLE RECREATIONAL TAKE-OFF POOLSIDE WITH NEAR VERTICAL ENTRY & ROLL	FORWARD & BACK JUMPS PIKE	INWARD DIVE TUCK/PIKE