

## **DIVING BOARD RULES**

- The board IS NOT a springboard.
- Hands must enter the water first for all forward entries.
- Divers may not jump into the arms of another swimmer. This includes anyone wearing a life jacket or any type of Coast Guard approved vest.
- Flotation devices are permitted in the diving well only during adult swim times.
- One person is permitted on the board at a time.
- Running, cartwheels, gainers, and inward dives are not permitted.
- 1 bounce only.
- Swimmers must exit the diving well at the nearest ladder.