

Diving

Springboard/Tower

SECONDARY - CURRICULAR 2025

- All pools are governed by the [Ontario Public Pool Regulation 565](#). Sections of this regulation have been highlighted, as they are of the utmost importance for the safety of students as they participate in swimming programs.
- Consult **Swimming (Instructional)** for a definition of Instructional time, and safety standards for instructional swimming if during a diving session the focus moves to instructional swimming.
- Consult **Swimming (Recreational)** for a definition of Recreational time and safety standards for recreational swimming if, during a diving session, the focus moves to recreational swimming.

Equipment

- Determine that all equipment is safe (for example, no sharp corners, cracks, or splinters) and all assistive devices (e.g., a walker) are in good working condition and properly adjusted for the height and mobility needs of the student prior to participation.
- Must have accessibility to standard safety equipment as stated in [Ontario Public Pools Regulation 565](#).

Refer to the [First Aid](#) section for first aid equipment requirements.

Clothing/Footwear/Jewellery

- Appropriate swimwear must be worn.
- No jewellery is permitted.
- When long hair poses a safety risk it must be secured. Devices (for example, hair pins, elastics and barrettes) used to tie back long hair must not present a safety concern.
- Students must not participate when the length of fingernails poses a safety risk to themselves or others.

Facilities

- Determine that all facilities are safe and accessible for the students participating. Students must be encouraged to report facility problems to the teacher.
- Use Class A pools or pools privately owned and operated by an educational institution.
- Apartment, backyard, club, condominium, campground, or hotel pools must not be used.
- Determine that board and adjustable fulcrum are in good working order.
- Springboard must be clean and not slippery.
- Hinges must be checked and bushings replaced if necessary.
- Fulcrum must be adjustable and lubricated and must move entire length of limit range.
- Board must be level.
- Water depths must conform to [Diving Plongeon Canada](#) regulations and [FINA](#) standards.
- Height must conform to 1m (3'4") or 3m (10') above the surface of the water (+/- 2cm [.75"]).

- Diving stands must be free of vibrations and bolted soundly.

Special Rules/Instructions

- Be aware of students whose medical condition (for example, asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. Consult [Medical Conditions](#).
- Students with open cuts or sores must not be in the pool.
- Inform in-charge person on deck of any student with a medical history or any medical problems that may affect the student's safety in water (for example, diabetes, asthma, heart condition, convulsions, epilepsy, frequent ear infections).
- Refer to school board policies and procedures (i.e., transportation, excursion/field trip) for communication with parents/guardians, the location of an off-site activity, means of transportation, supervision ratios, and parent/guardian permission.
- When a student displays hesitation (verbally or non-verbally) with participating, the Teacher must determine the reason(s) for doubt. If the Teacher believes that a potential hesitancy during the skill could put the student at risk, the student must be directed toward a more basic skill, or be permitted to select a role within the activity at their comfort level, including the choice to not participate.
- Students must be informed that the use of equipment and the gymnasium are prohibited without supervision. In addition to verbal communication, the doors must be locked or signs must be posted indicating that students are not allowed to use the gym unless appropriately supervised.
- Students must adhere to the following rules:
 - only one person must use the board at one time
 - move out of the diving board landing zone, towards the edge of the pool after a dive as established by the Qualified Instructor

- no running or pushing on deck
 - make sure diving area is clear before proceeding to dive
 - no diving off deck into water less than 2.8m (9') in depth
 - no chewing gum
 - no wearing goggles
 - no earplugs
 - no shoes on deck
 - students must ask permission to leave pool/swimming area.
- Implement strategies to increase confidence and enhance safety (for example, wearing a t-shirt when learning new dives, functioning bubble jets).
 - Instructional time may include organized games (for example, relays) but cannot include an unorganized free swim.
 - Teachers must be knowledgeable of the school board's procedures for emergency, accident or injury in a pool.
 - Emergency procedures must be outlined to students prior to entering the water.

Student Medical Information

- Teachers must be aware of Students whose medical condition (for example, asthma, anaphylaxis, diabetes, epilepsy) may affect participation. Consult [Medical Conditions](#).
- Teachers must be aware of Students participating with orthopedic device(s) and/or assistive devices and establish safety rules and procedures to ensure Students can participate safely in activities.

- Teachers are required to inform all individuals who assist with the activity (for example Qualified Instructors, Aquatic Instructors, Lifeguards, Volunteers) of Students who have needs, orthopedic, assistive devices, and/or medical conditions that may influence participation.

School Board Policies and Procedures

- Prior to participation, the Teacher must reference and apply their school board's policy on equity and inclusion as it affects student participation and makes appropriate accommodations/modifications to provide a safe learning environment. Consult the Intent subsection within the [About section](#).
- Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (for example, outline possible risks and ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.
- Refer to school board policies and procedures (i.e., transportation, excursion/field trip) for parent/guardian communication and permission (for example, the location of an off-site activity, description of the activity and physical environment, means of transportation, inherent risks of the activity, supervision).

Teacher Awareness/Preparation

- Activities must be modified according to the age, ability level, language, and experience of students, number of participants, and the facility available.
- Previous training, fitness level, and the length of time and intensity of physical activity must be taken into consideration.
- Activities must be based on skills that are taught.
- Skills must be taught in proper progression.
- A warm-up and cool-down must be included.
- Teachers and all individuals who assist the Teacher with the activity must be aware of the possibility of pressuring Students. Students must be informed not to coerce a reluctant student into participating in any component of the activity with which they display or vocalize reluctance.

- When a student displays or vocalizes reluctance about participation, at any time, before or during any component of the activity, they must be provided with alternative ways to participate in the activity (for example, permit Students to select a role within the activity, remain at or return to a different component of the activity, break down new experiences/ components into smaller steps, be introduced to a new component with which they are comfortable).
- The activity may include organized games (for example, relay activities, tag games which incorporate skills) but cannot include a recreational/free swim.
- Implement strategies to increase confidence and enhance safety (for example, wearing a t-shirt when learning new dives, functioning bubble jets).
- Prior to participation in the activity, an In-Water Swim Assessment of Students' swim ability must be completed (Refer to [**Sample Swim Ability and Swim Comfort Assessment Questionnaire Form**](#)).
- Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during, and after physical activity to prevent dehydration.

In-Water Swim Assessment

- Students must successfully complete the following in-water swim assessment in its entirety, in sequence, and without any aids or stops to be permitted to participate in the activity:
 - Rolling entry (backwards or forward) into deep water at 2.75m (9') minimum depth
 - Swim 50m (164') continuously any stroke
 - Tread water for 1 minute
- In lieu of completing the In-Water Swim Assessment, Students must provide proof of Bronze Star certification or higher.
- If the public aquatic facility has a swimming competency test (i.e. an alternative to the In-Water Swim Assessment) schools must adhere to the components of this in-water swim assessment as well as those of the facility.
- The In-Water Swim Assessment must be administered by a Certified Aquatic Instructor or a Certified Lifeguard. If the Aquatic Instructor does not hold a Lifeguard certificate or an assistant Lifeguard

certificate, a Certified Lifeguard must also be on deck during the In-Water Swim Assessment.

- Results of the In-Water Swim Assessment must be documented and communicated as per school board policy (for example, to the Student, Teacher, Principal/Designate, Parents/Guardians, Trip Guide(s), Lifeguards, Aquatic Instructor, and Outside Activity Provider [if applicable])
- Students who do not successfully complete the In-Water Swim Assessment or who do not have a Bronze Star certification or higher, must not participate in the activity.

Safety Rules and Emergency Procedures

- Prior to participation, Students must be familiar with safety rules and emergency procedures
- Students must adhere to the following rules:
 - Only one person must use the board at one time
 - Move out of the diving board landing zone, towards the edge of the pool after a dive as established by the Instructor
 - Make sure diving area is clear before proceeding to dive
 - No wearing goggles
 - No earplugs
 - No running or pushing on deck
 - No chewing gum
 - No food in pool area
 - No diving off deck into water less than 2.8m (9') in depth
 - No shoes on deck
 - Students must ask permission to leave the pool/swimming area
- Showers must be taken before entering the pool.
- Teachers must be knowledgeable of the school board's procedures for emergency, accident or injury in a pool.

Supervision

- All activities must be supervised.
- The type of supervision must be commensurate with the inherent risk of the activity. The level of risk is related to the number of participants, the skill level of the participants, the type of equipment used, and environmental conditions.
- Direct Supervision is required during the safety and initial skill instruction.
- On-Site Supervision is required by the Teacher when a Qualified Instructor(s) is providing safety and initial skill instruction, and monitoring.
- On-Site Supervision is required for the duration of all other components of the activity (e.g., equipment setup and take down, warm-ups/cool downs, application of the skills and games).
- Where a Qualified Instructor is used and the Teacher is not directly with the Qualified Instructor, the Qualified Instructor must provide safety and initial skill instruction, and monitoring for the safe application of skills and student behaviour for the duration of the activity.
- A Volunteer, under the direction of a Teacher, can monitor students during physical education activities. Refer to your school board's policy on Volunteers assisting with students' physical activities.
- Responsibilities must be clearly outlined for additional Teachers and Volunteers who are monitoring the activity.
- All activities must be supervised.

Supervision Ratios for Instructional Time

- Maximum 12 students per 1 Qualified Diving Instructor, plus 1 Lifeguard or Assistant Lifeguard per 30 students.

Refer to the definition of **Instructional Time**.

Supervision Ratios for the Recreational Time

- Teachers must accompany students to the pool and be on deck or in the pool during the recreational time.

- According to [Ontario Public Pools Regulation 565](#), during recreational time, a certified lifeguard is required.
- When certified lifeguards are on the deck, the minimum ratio of lifeguards to swimmers/bathers on deck and in the pool is:
 - 2 lifeguards per 1-125 bathers. If the teacher is a certified lifeguard, they may act as one of the two lifeguards, and therefore a third person is not necessary.
 - 3 lifeguards per 126-250 bathers. If the teacher is a certified lifeguard they may act as one of the three lifeguards, and therefore a fourth person is not necessary.
- When certified lifeguards and assistant lifeguards are on deck the minimum ratio of lifeguards and assistant lifeguards to swimmers/bathers on deck and in the pool is:
 - 2 lifeguards or 1 lifeguard and 1 assistant lifeguard per 1-100 bathers. If the teacher is a certified assistant lifeguard/lifeguard, they may act with a lifeguard, and therefore a third person is not necessary.
 - 3 lifeguards or 2 lifeguards and 1 assistant lifeguard per 101-200 bathers. If the teacher is a certified assistant lifeguard/lifeguard, they may act with two lifeguards, and therefore a fourth person is not necessary.
- The number of assistant lifeguards may never exceed the number of lifeguards on deck.
- Note: a swimmer/bather is considered to be anyone within 1.8m (6') from the water's edge.

Refer to the definition of [Recreational Time](#).

Qualifications

Diving Instructor Qualifications

- Qualified Instructors must have C.A.D.A. (Diving Canada) NCCP certification Level 1 or Instruction–Beginners or Competition-Introduction Coach training if they are teaching any diving skills beyond a front dive.

Lifeguard Qualifications

- A Lifeguard must be 16 years of age or older and possess a current (the date on the certificate must not be older than two years) Lifeguard certificate issued by one of the following organizations:
 - Lifesaving Society - National Lifeguard – Pool
 - Equivalent certificate approved by Minister of Health and Long Term Care
- A student may not act as a Lifeguard if they are participating in the activity.
- Verified copies of certification must be available in the pool area.

First Aid

- A fully stocked first aid kit must be readily accessible. (Consult [Sample First Aid Kit](#))
- A working communication device (for example, cell phone) must be accessible.
- At least one Aquatic Instructor, Qualified Instructor, Lifeguard, or Assistant Lifeguard must have a minimum of a current (not more than three years prior to the day on which the holder is on duty) first aid certificate (standard or higher) issued by one of the following agencies: St. John Ambulance; Canadian Red Cross; Lifesaving Society; Canadian Ski Patrol; or an organization whose certificate is deemed equivalent by the medical officer of health in the local health unit.
- Follow the school's first aid emergency response ((consult [First Aid Plan and First Aid Emergency Response](#)) and the school board's concussion protocol (consult [Concussions](#)).
- An emergency action plan and response to deal with evacuations and lockdowns, including specific direction for participants with accessibility needs, must be followed and communicated to all students.☐

Definitions

- **In-charge Person:**

- Some activities refer to an “In-Charge” person. While the teacher is in-charge and responsible for the overall safety and well-being of students under their care, sometimes there are other personnel who must be identified as “In-Charge” related to specific situations (for example, a pool lifeguard). In activities where an “In-Charge” person is designated, that person, in consultation with the teacher, must make final decisions regarding safety of the students

- **Instructional Time:**

- Time during which there is formal instruction and/or instructor led activities. Examples of instructional time are lessons, events, practice, and games.

- **Lifejacket:**

- Canadian-approved lifejackets are designed to turn an unconscious or incapacitated person face-up in the water. Lifejackets are available with varying amounts of flotation and turning ability. Canadian approved Lifejackets are stamped or labelled indicating that they are approved by Transport Canada, the Canadian Coast Guard or the Department of Fisheries and Oceans.

- **Monitor:**

- An individual who assists the Teacher with a group of students, (e.g., Volunteer, Qualified Instructor) and has a responsibility to monitor student behaviors for the duration of the activity.

- **Monitoring:**

- The role of monitoring is to observe, identify, act, and report:
 - Observe: Observe with attention to detail the actions of the students.
 - Identify: Identify the student and the unsafe behaviour.
 - Act: Take appropriate actions to safeguard students and others (e.g., stop the activity).
 - Report: Provide the name of the student and the unsafe behaviour to the teacher for management and direction.

- **Outside Activity Provider:**

- A commercial company, volunteer organization, or individual, not associated with the school board, who possess the required qualifications to provide safety and initial skill instruction, and monitoring for the duration of an activity.

- **Personal Flotation Device (P.F.D.):**

- Canadian-approved P.F.D.'s are designed for use in recreational boating and are generally smaller, less bulky and more comfortable than lifejackets. They may have less flotation than lifejackets and may have no or little self-turning ability (the ability to turn an unconscious or incapacitated person face-up in the water). Canadian approved P.F.D.'s are stamped or labelled indicating that they are approved by Transport Canada, the Canadian Coast Guard or the Department of Fisheries and Oceans.

- **Qualified Instructor:**

- An individual who provides safety and skill instruction, and monitoring for an activity, and possesses the required qualifications (e.g., experience, certifications). This role could be fulfilled by a teacher, volunteer, or an employee of an outside provider. An instructor does not have the authority to supervise.

- **Recreational Time:**

- Time during which there is no formal instruction or instructor led activities.

- **Supervision:**

- The vigilant overseeing of an activity for management or direction. Activities, facilities, and equipment have inherent risks, but the more effectively they are supervised, the safer they become.
- The Ontario Physical Activity Safety Standards in Education includes three Types of supervision, Direct Supervision, On-Site Supervision, and In-the-Area Supervision. These types of supervision take into consideration the level of risk, which is related to the number of participants, the skill level of the participants, the type of equipment used, the environmental conditions, the age, and developmental stage.

- The three types of supervision described are not hierarchical but represent the type of supervision that activities require and the type of supervision that is inherently possible.
- Some activities in OPASSE transition from one type of supervision to another type of supervision (e.g., Direct Supervision to On-Site Supervision OR On-Site Supervision to In-the-Area Supervision).

- **Teacher:**

- A person with a current certification from the Ontario College of Teachers and under contract by the school/school board (i.e., teacher, vice-principal, principal). This person is legally responsible for the students and has the authority and responsibility to supervise.

- **Types of Supervision:**

- **Direct Supervision:**

- Direct Supervision requires that the Teacher is physically present at the activity, providing visual and verbal oversight for management and direction of both, the activity and student safety.

- **Provisos:**

- No other activity can occur when part of the activity or the entire activity is under Direct Supervision when there is only one Teacher supervising.
- The Supervision section of the relevant activity safety standards page in the Ontario Physical Activity Safety Standards in Education describes when parts of an activity are under Direct Supervision.
- Where a Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for one activity and requires the Teacher to be present at that activity for management and direction.

- **An activity may be under Direct Supervision:**

- During the entire duration of the activity;

- During the set up and take down of equipment; .
- During the safety and initial skill instruction;
- During the performance/practice of the activity skill; and
- When the activities transition from Direct Supervision to On-Site Supervision.

○ **In-the-Area Supervision:**

- The Teacher is located in proximity to a combination of locations where the student activities take place, is circulating, and is accessible for providing management and direction of the physical activity and student safety.
 - **Provisos:**
 - The Teacher is circulating between the activities occurring at separate locations, and is readily accessible, or the location of the Teacher is communicated to the student.
 - Where a Qualified Instructor(s) is providing the safety and skill and instruction and is monitoring at a combination of locations, the Teacher is located in proximity to where the student activities take place, is circulating between the activity locations, and is accessible for management and direction.
 - Students may be out of sight for periods of time.
- An activity or a component of the activity is under In-the-Area Supervision:
 - Where the same activity is located in separate locations (e.g., Fitness activities);
 - Where two or more activities under In-the-Area Supervision occur in separate locations (e.g., Badminton, Table Tennis, Handball (Wall));
 - Where the skill application of the activity takes place at a separate location from the teacher (e.g., Cross Country Running, Skiing (Alpine), Cycling, hiking on trails);

- When the activities occur in double or triple gymnasiums; and
- Where more than one Qualified Instructor is providing activities at a combination of locations.

○ **On-Site Supervision:**

- The Teacher is present at one location where the student activity takes place (e.g., gymnasium, sports field, climbing wall at an Outside Activity Provider's facility, campsite) and is accessible for providing management and direction of the physical activity and student safety.
 - Provisos:
 - Where more than one activity occurs in one location, the Teacher is circulating between the activities and is accessible for management and direction.
 - Momentary presence in adjoining rooms (e.g., equipment room, outdoor storage shed, boathouse, staff tent) is considered to be On-Site Supervision.
 - Where a Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for an activity or a combination of activities at one location and the Teacher is present and is circulating and accessible for management and direction.
 - An activity may be under On-Site Supervision:
 - During the entire duration of the activity;
 - During the safety and initial skill instruction;
 - With activities using multiple stations while the Teacher is circulating;
 - When combining two or more activities at one location while the Teacher is circulating; and
 - When activities transition from On-Site Supervision to In-the-Area Supervision.

● **Volunteer:**

- A responsible adult (e.g., Educational Assistants, Retired Teachers, Co-op Students, Parents/Guardians, Teacher Candidates) approved by the Principal/Designate who is under the direction of a Teacher and has been instructed on their monitoring responsibilities. Refer to your school board's policy on volunteers assisting with student's physical activities.

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