

DIVING BOARD RULES

FOR YOUR SAFETY

- ★ **Diving is permitted from the diving boards ONLY**
- ★ **Only one bounce on the diving board is permitted**
- ★ **Hands are required to be overhead while diving**
- ★ **Reverse and inward dives are NOT permitted**
- ★ **Wait at the bottom of the stairs until the swimmer has exited the board prior to climbing the steps to the diving board**



CITY OF KETTERING
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT