

# *Diving Board Rules*

KETTERING RECREATION COMPLEX

1. Diving is **ONLY** permitted from diving board.
2. Flotation devices or goggles may not be worn while using diving board.
3. Only one bounce while using the diving board.
4. Hands are required to be overhead while diving.
5. All of the following are prohibited:
  - Cartwheels, handstands, or hanging on the diving board
  - Reverse or inward diving/flipping
  - Running dives
6. Jumping or diving straight forward is permitted.
7. Please wait at the bottom of the stairs until the patron has exited the water.
8. Diving board maximum weight is 250 lbs.

