

Get into the
Injury-Free Zone[®]

DIVE ZONE



www.injuryfreezone.com

Hemorrhage Hank and Li'l Snicker say that,

Creating your own imaginary INJURY-FREE ZONE can help you get the right training and be positive so you can try new activities. The Injury-Free Zone concept includes four key steps to calculated risk-taking: developing a positive attitude, getting proper training, assessing your experience and abilities and knowing your physical environment. Learning how to position your arms and hands, assessing your diving skills, checking the depth before you dive and having a positive attitude will help you get into the injury-free zone.

HOW CLOSE ARE YOU TO BEING IN THE ZONE? FOLLOW THESE FOUR STEPS AND LEARN HOW TO BE INJURY-FREE.



1. GET TRAINING

- Learn from an instructor how to position your hands, arms and legs when entering the water.
- Learn to steer-up when you are in the water.
- Learn to use lifesaving equipment.
- Check the depth before you dive. (Most serious injuries happen in the shallow end of pools or in shallow water in natural settings.)

2. KNOW YOUR ABILITIES AND EXPERIENCE

- Ask yourself How much experience do I have in diving?
- Ask yourself if you are tired. (Many injuries happen in the late afternoon.)
- Be aware of your height and weight. (If you are taller and weigh more, your dive will be deeper and faster.)

3. KNOW YOUR PHYSICAL ENVIRONMENT

- Your physical environment is your body in relation to your environment.
- Know that you need at least 2 metres of water for a shallow dive from the deck of a pool. Be sure that the water is deep enough where you enter the water, and deep enough when you are under the water for the duration of the dive. (Remember this when diving in a lake or going head first down a water slide.)
- Know your physical environment when diving: your height and weight, the depth of the water, the location of the slope in the pool and identify which end is the shallow end of the pool.
- Before you dive outdoors, look for trees and rocks that may obstruct your dive and check the depth. (Avoid diving off logs or bridges that cross over rushing water.)
- Locate lifesaving equipment (Could you save your friend if they were injured when diving?)
- Diving from a diving board in a backyard or indoor pool with a slope is not recommended because you may seriously injure your neck and cause a spinal cord injury. (Diving boards should be removed from indoor or backyard pools with slopes.)

4. KNOW YOUR ATTITUDE

- What is your attitude? (A positive attitude will help you check the depth before you dive, locate the slope in the pool, and know which end of the pool is shallow.)
- Do you respond to pressure from your friends? (You don't have to dive just because someone else thinks it's a good idea.)



FOR MORE INFORMATION or to book an Injury-Free Zone presentation at your school, please call (604) 875-4991 or check our web site: www.injuryfreezone.com