

## DIVING SPRINGBOARD/TOWER



The Ontario Physical Education Safety Guideline for Diving Springboard/Tower – Secondary Interschool

<http://safety.ophea.net/safety-plan/165/1399>

Supervision Coaching Qualifications effective September 1, 2016:

Head coach must demonstrate knowledge of sport, skills and strategies to principal or designate.

**At least one diving coach** must possess **one of the following** coaching qualifications:

- Completion of diving NCCP level 1 and/or level 2 certification in the past
- **Completion of diving NCCP Competition-Introduction or Instruction-Beginners course**
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in diving - springboard/tower, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

For teaching any diving skills beyond a front dive, completion of C.A.D.A. (Diving Canada) NCCP certification Level I is required. Effective September 1, 2016 completion of Instruction – Beginners or Competition-Introduction Coach training is required for teaching any diving skills beyond a front dive.

**How to access the NCCP Courses for Diving:**

<b>NCCP Competition-Introduction Course</b> Register here: Contact: Pam Julian <a href="mailto:sportdevelopment@diveontario.com">sportdevelopment@diveontario.com</a>  Cost: ~\$375	This course typically runs over two consecutive weekends, and is tailored for coaches that already work with regional or provincial athletes. While introducing seasonal planning, the use of the trampoline belt, practice planning and the development of long-term objectives, this workshop will ultimately help coaches improve the overall competitive diving skills of their athletes.
OR	
<b>NCCP Instruction-Beginners Course</b> Register here: Contact: Pam Julian <a href="mailto:sportdevelopment@diveontario.com">sportdevelopment@diveontario.com</a>  Cost: ~\$150	This clinic is for anyone interested in becoming a “learn to dive” instructor. Coaches will learn basic diving skills, safety principles for participants with no diving experience, as well as be able to teach basic skill sets in a fun and interactive way to their young athletes after taking this weekend workshop. No diving experience required.

### FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Quest for Gold Coach Bursary program.  
<https://www.coachesontario.ca/q4g/bursary-program/> or email [g4g@coachesontario.ca](mailto:g4g@coachesontario.ca)
- Host your own course - Apply for Investors Group Coaching Grants to pay for a NCCP workshop at your school or board.  
<http://www.coach.ca/investors-group-community-coaching-conferences-s12763>

### Useful Links:

Need more information? Email [guidelines@coachesontario.ca](mailto:guidelines@coachesontario.ca) to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Dive Ontario <http://diveontario.com/coaches/>
- Diving Canada <http://diving.ca/en/>
- Diving Course Information <http://www.coach.ca/diving-p154490>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- OFSAA <http://www.ofsaa.on.ca/>
- Coaching Association of Canada <http://coach.ca/>
- Ontario Physical Education Safety Guidelines <http://safety.ophea.net>

