



Highworth Phoenix Diving Club

COMPETITION RULES

1. You are competing as part of the Highworth Phoenix Diving Team. Please wear your club tracksuit (if you have one) and club T-shirt to the pool
2. THE COACHES ARE IN CHARGE OF THE TEAM when you are at the pool - no-one else. Please follow their instructions at all times.
3. If you aren't sure about anything – ask the coaches!
4. Make sure you know when your competition is and be ready on the poolside in plenty of time.
5. AFTER your competition please stay on the poolside until your coach says you can leave
6. Don't get hungry but DON'T eat just before you dive. Take a drink (plastic bottles only) onto the poolside if you want to.
7. Take a towel or tracksuit top onto poolside to keep warm between dives.
8. You are part of a team. Please cheer ALL our divers throughout the competition.
9. Stay on the poolside after your competition until the results are given out
10. If you win a medal please make sure you know where and when the presentations will be made.
11. Wear a Team T-Shirt or tracksuit for the presentation.
12. Don't leave the pool area without telling the coaches.

And lastly

13. ENJOY YOURSELVES and GOOD LUCK