## High Dive Rules Acknowledgement Contract

Oak Parks Pool's high dive is one of the pools distinct features, and we are happy to offer it as an amenity to our members and guests to enjoy throughout the summer. There is no age limit to use the high dive, but to ensure all children use it safely, parents must acknowledge that they give their permission for their child to use the high dive, and that the posted rules have been communicated to their children.

When using the high dive, follow these three simple instructions:

## Walk – Stop – Jump

Walk to the end of the board Stop at the end Jump in the water

## Full Diving Board Rules:

- 1. One Person on the board at a time
- 2. One bounce on the diving boards
- 3. No sprinting off boards, they can be slippery so be cautious
- 4. No goggles or floaties on the high dive
- 5. No going back down the diving board once up
- 6. Jump straight off the boards, not to the side
- 7. No bringing items on the high dive
- 8. Swim to the closest ladder after going off the diving board, no hovering
- 9. No swimming under the boards / across deep end when people are jumping
- 10. Do not climb up until the person in front has gone off
- 11. Wait until person in front gets to the ladder before jumping
- 12. Guard approval needed to close diving board for games
- 13. No gainers
- 14. No inverse dives

I,	give authorization for my child(s)
	to use the Oak Park Pool
high dive, and that I acknowledge that rules for using the high dive have been	
communicated to my child(s) and that they agree to abide by them at all times.	
Signature:	Date: