

Swimming Canada has created Facility Rules and Guidelines that came into effect September 1.2018. ALPS has adopted these regulations to ensure the Safety of all that use our Pools.

The Major change that is included relates to Diving Rules for both Competition and Training:

| <u>Water Depth</u> | |
|--|---|
| Less than 1.2 Meters...(47.25 ") | No Diving: in water starts only (no change from previous rules) |
| 1.2m - 1.35m | Diving from permanent deck or bulkhead where height is not more than 0.35m from water surface |
| 1.35m (equal to or greater than) ...(53.14") | Diving from Starting Platform (max 0.75m from water surface as per FR2.7) |

We would like to thank all the POOLs for supporting these Safety rules for the ALPS pools, supporting documents can be found on the Swim Canada Website...

- 1) 2018-2021 Swimming Canada Rulebook
- 2) Canadian Facility Rules and Guidelines
- 3) Canadian Facility Rules and Guidelines FAQ

Any and all questions should be referred to the ALPS Committee.

Regards,

Andrew Fairlie / Garry Dearn

2019 Swimming Directors