

# Clarendon Hills Park District

## Lions Park Pool

### Dive Board Rules

1. One person on the diving board at a time. The next person must wait on deck until well is clear.
2. Only one bounce is allowed.
3. Dive or jump straight off the end of the board.
4. No back or inward dives, handstands or cartwheels permitted.
5. Swim directly to the nearest ladder and exit the well.
6. Loitering or swimming in the diving well is not permitted.
7. Diving is permitted off the diving board only.
8. Hanging from the diving board is not permitted.
9. No floatation devices allowed with use of diving board.
10. Jumping off the diving board into the arms of another swimmer is not permitted.
11. Moving the fulcrum on either diving board (1 meter or 3 meter) is strictly prohibited.
12. At the Aquatic Manger's discretion, the diving well may be closed due to low attendance.
  - Demonstration to a lifeguard the ability to swim two widths before using the diving board may be required.