

## Recommendations for Recreational Use of 3-meter Diving Stands

In a recent review of incidents reported to the department since 2000, there have been at least 11 separate reports of injuries associated with falls from a ladder leading to a 3-meter diving stand or from the diving board to the concrete deck below, many of which resulted in serious injuries. All of the incidents where an age is noted on the report are among children 14 years old or younger.

Based on the observations made during site visits to several facilities, it appeared that there are multiple aspects of the design of the 3-meter diving stands with ladders that may be contributing to falls resulting in injuries among children during recreational use of the diving stands including the diameter and orientation of the handrail, the surface finish/slip resistance of the handrail, the offset distance between the handrail and ladder treads, the offset distance between the ladder treads and the end of the diving board, and the size of the openings within the guardrails.

To reduce the risk of additional injuries associated with falls from ladders leading to a 3-meter diving stand or from the diving board to the concrete deck below the department has developed the following recommendations.

### **Recommendations:**

Recreational Use: diving activity which is not under the direct supervision of a diving instructor or coach.

- o All new 3-meter diving stands for recreational use should be installed with a stairway and guardrails constructed in accordance with requirements for stairways and guards from the State Building Code.
- o For all existing 3-meter diving stands for recreational use that provide access to the board by a ladder:
  1. The access to the 3-meter Diving Stand by ladder should be limited to individuals 14 years old or older.
  2. The ladder including both the handrails and rungs/treads should be continuously maintained clean and dry.
  3. A safety pad should be installed at the base of the diving stand to reduce the risk of injuries from falls from the ladder or board to the pool deck.

For additional information, please contact John Kelly at 515-724-9961.

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