

## Diving Certificate Guidance

### Competitive Starts:

**From the 1st April 2024, all competitors who wish to dive, either from blocks or from the side of the pool, will need to have the relevant Swim England or Swim Teachers Association certificate as stated in the 2024 rule book. This is for all competitions.**

**There is, of course, no restriction on competitors starting in the water.**

In order to be safe when diving at a swimming pool, we need to have a signed and dated certificate from a Swimming Coach with a qualification from below.

Acceptable qualifications to sign off the Diving Proficiency:

Qualification	Certificate
<ul style="list-style-type: none"> <li>A Swim England Coach or Senior Coach (or equivalent version as per the swim mark matrix)</li> <li>A Level 2 Swimming Teacher who has also completed the Competitive Starts CPD</li> <li>A PE teacher with the Teacher of School Swimming certificate and completed a Competitive Starts CPD</li> </ul>	Swim England Competitive Start Award
<ul style="list-style-type: none"> <li>Minimum Level 2 Swimming Coach</li> </ul>	Swimming Teacher's Association Competitive Starts and Turns Awards

Tetathlon managers should order their needed number of certificates and make sure that they are signed off by an appropriate coach.

Certificates can be uploaded as an achievement to pelham (see below for instruction document). Competitors will need to upload their diving certificates onto entry forms. Competitors should still be able to show certificate if asked. It is up to the organiser what format they require the certificate in (digital or physical).

### Pony Club accepted Certificates:

Qualification	
Swimming Teachers Association Competitive Starts and Turns Level 1	Able to dive into pool from poolside
Swim England Preliminary Competitive Start Award	
Swimming Teachers Association Competitive Starts and Turns Level 2	Able to dive into pool from diving blocks
Competitive Start Award	

### **Tetrathlon Rulebook:**

Below rule can be found on page 91 of 2024 Tetrathlon Rulebook:

<https://pcuk.org/sports/tetrathlon/#::~text=Tetrathlon%20Rulebook%202024>

A water depth of 1.35m minimum is required, extending from 1.0m to at least 6.0m from the wall where the diving will take place.

If the height of the pool edge is not more than 0.40 metres above the level of water, swimmers that have achieved the Preliminary Competitive Start Award/Swimming Teachers Association Competitive Starts & Turns Level 1 may dive from poolside.

If the height of the starting blocks is not more than 0.75 metres above the level of the water, swimmers that have achieved the Competitive Start Award /Swimming Teachers Association Competitive Starts & Turns Level 2 may dive off of the starting blocks.

### **Swim England Competitive Start Award: (England)**

<https://www.swimming.org/learntoswim/swim-england-competitive-start-awards/>

Certificates: <https://shop.swimming.org/awards/competitive-start>

### **Swimming Teacher's Association: (UK)**

<https://www.sta.co.uk/international-learn-to-swim-programme/additional-programmes/competitive-starts-and-turns/>

Certificates: <https://shop.sta.co.uk/categories/swimming-awards/groups/additional-programmes/>

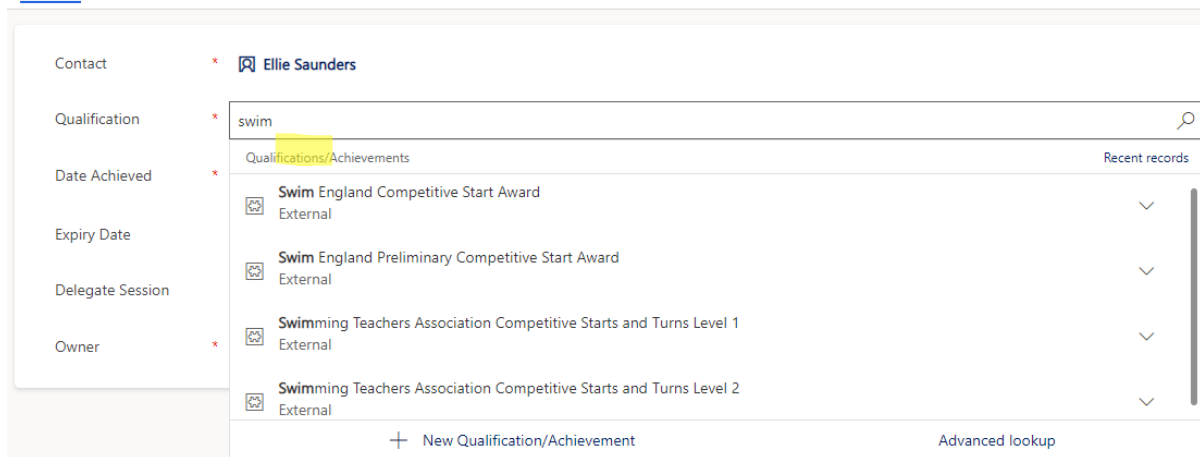
## Pelham

These certificates are down as an achievement on Pelham, so please follow the same steps as if you were adding an achievement badge.

When adding the achievement, please search for **'Swim'** for both the Swim England CSA and the Level 1 and 2 Swimming Teachers Association Competitive Starts and Turns.

### New Achievement History

#### General



All accepted diving/swimming certificates will be on there. Please pick whichever is relevant to that member.

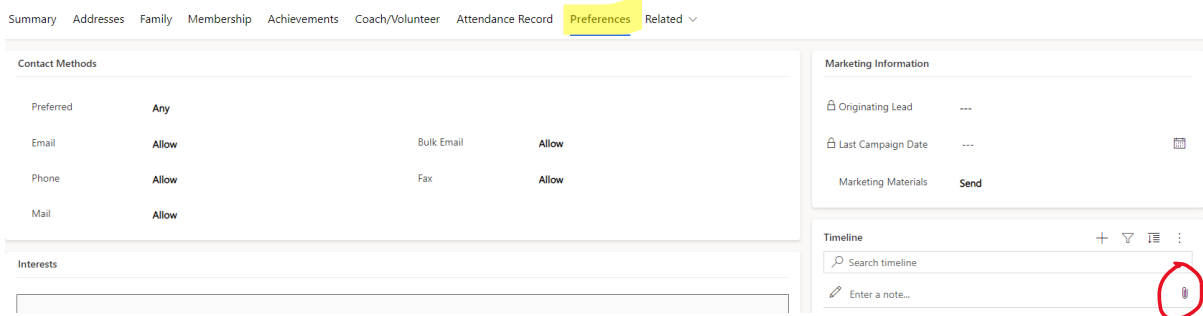
Make sure to input the date and there is no expiry.

Please remember –

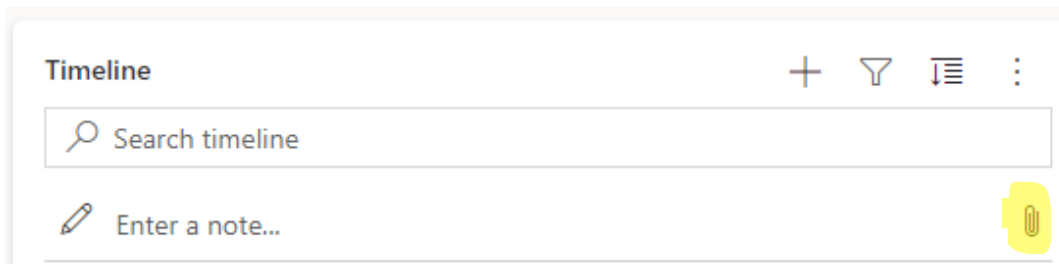
Qualification	
Swimming Teachers Association Competitive Starts and Turns Level 1	Allows members to dive into pool from poolside
Swim England Preliminary Competitive Start Award	
Swimming Teachers Association Competitive Starts and Turns Level 2 Competitive Start Award	Allows members to dive into pool from diving blocks

Once this is selected, save and go back to the member page.

To add their certificate to their Pelham, please go onto the preferences tab:



Under timeline, please enter a note. Click the attachment icon next to it.



Add your information and your attachment.

Create a note

Competitive Start Award Certificate

Achieved 07/12/23

Segoe UI 9 B I U [color picker] [font size] [bullet list] [numbered list] [undo] [redo] ...






[paperclip icon] [Add note](#) [Cancel](#)



Click add note


Create a note

Competitive Start Award Certificate

Achieved 07/12/23



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 ES CSA Certificate.png 

 Add note Cancel


Done!





Timeline + ⌵ ☰ ⋮

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Recent

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Competitive Start Award Certificate

Achieved 07/12/23

 ES CSA Certificate.png

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