



## 15.6

## APPENDIX 6 - Table Diving Dry land Facilities

Diving Dry Land Facilities Design Guidelines		Springboard		Platform		
		Length	4.88	Varies		
		Width	0.50	Varies		
		Height	1.24	Varies		
A	From plummet <b>Back to Building Wall</b>	Horizontal	Vertical	Horizontal	Vertical	
		Designation	A-1	A-PL		
		Minimum	4.88			
B	From plummet to <b>Building Wall at Ahead</b>	Preferred	6.10			
		Designation	B-1	B-PL		
		Minimum	3.66			
C	From plummet to <b>Building Wall at Side</b>	Preferred	Infinity			
		Designation	C-1	C-PL		
		Minimum	1.83			
D	From plummet to <b>Adjacent Plummet</b>	Preferred	Infinity			
		Designation	D-1	D-PL		
		Minimum	2.00			
E	On plummet from <b>Board to Ceiling</b>	Preferred	2.40			
		Designation		E-1	E-PL	
		Minimum		5.00		
F	<b>Clear Overhead</b> behind and each side of plummet	Preferred		6.40	6.40	
		Designation	F-1	F-1		
		Minimum	2.50	4.50	2.70	
G	<b>Clear Overhead</b> ahead of plummet	Preferred	Varies	6.40	6.40	
		Designation	G-1	G-1	G-PL	
		Minimum	5.00	4.50		
H	<b>Width or Landing Pit</b> in front of plummet	Preferred	Varies	6.40	6.40	
		Designation	H-1	H-PL		
		Minimum	1.83			
I	<b>Length or Landing Pit</b> in front of plummet	Preferred	Varies	Varies		
		Designation	J-1	J-PL		
		Minimum	3.66			
K	<b>Angle or Spotting Rig Ropes</b>	Preferred	Varies	Varies		
		Designation		K-1	K-PL	
		Minimum		30°		
L	<b>Height or Spotting Rig</b> above diving board or platform	Preferred		30° ±	30° ±	
		Designation		L-1	L-PL	
		Minimum		4.50		
M	<b>Distance in front of</b> <b>Plummet to Spotting Rig</b>	Preferred		6.40	6.40	
		Designation	M-1	M-PL		
		Minimum	0.76			
N	From plummet to <b>Pit Wall at Side</b>	Preferred	0.91			
		Designation	N-1	N-PL		
		Minimum	1.83			
O	<b>Overhanging</b>	Preferred	Infinity			
		Designation	O-1	O-PL		
		Minimum	1.50			
P	From Plummet to <b>Pit Wall at Ahead</b>	Preferred	1.50			
		Designation	P-1	P-PL		
		Minimum	4.00			
		Preferred	Infinity			

**Use and installation guidelines for dry land facilities with in ground and above ground trampolines.**

Installation and use instructions for trampolines and related equipment, such as frame pads, mats, end decks, and spotting systems, shall be provided by the manufacturer and shall specify the minimum safe area dimensions required for each trampoline type and relating their products to centre or edge of the trampoline.

**Clearance (trampolines):** users should refer to the manufacturer's specifications for all clearance, which may vary depending upon the manufacturer, the size of the trampoline, the type of bed in place, the type of spotting system in place, if any, and other variables. In any event, adequate space should be provided so that intended users and equipment will not come into contact with any obstacles during their anticipated use of the equipment. \*i.e., bottoming out a trampoline or dry land diving board.

**Clearance (platforms):** these specifications apply to facilities used by AQUA level international athletes. Other specifications may be appropriate for junior or development programs, so long as adequate space is provided so that intended users and equipment will not come into contact with any obstacle during their anticipated use of the equipment.

**Caution:** The specifications within this page should be carefully considered in relation to the design of the dryland training site, and all safety aspects should be thoroughly evaluated.