


15.7 APPENDIX 7 - Equipment in Dry Land Facilities

Recommended Equipment in Dry Land Facility								
For a major event: Minimum of 350-400 square meters will be needed for the equipment. If necessary, the space can be divided in to separate areas. For example, using an existing gymnasium and a separate area for dry boards, pits and other diving related equipment.								
World Aquatics mnumum requirement for new and existing dryland facilities are minumum of 275 square meters.								
			Number		Suggested dimensions			
1	Diving Boards	Springboard as FR 5.1.1 mounted on diving stands with movable fulcrums.	Minimum	2				
			Preferred	4				
2	Dry Land Stands		Minimum	2				
			Preferred	4				
3	Diving Board Landing mats	Foam landing mats for Dry land diving boards are located in front of the diving boards	Minimum	2	Floor	Width	Length	
			Preferred	4	120cm	1.50m min.	1.50m min.	
4	Trampolines		Minimum	2				
			Preferred	4				
5	Spotting rigs	2 rigs over 2 of the 4 trampolines		2				
6	Panel mats		Minimum	8				
			Preferred	8				
7	Stall bars	Stall bars munimum use 4 people						
8	Foam Crash Mats		Minimum	2	Height	Width	Length	
			Preferred	4	22cm	2m	3m	
9	Somersault Boxes		Minimum	8	Height	Width	Length	
			Preferred	8	0.3m	1m	1m	
10	Landing mats for somersault boxes		Minimum	8				
			Preferred	8				
11	Platform in to foam pit			1	1-3m			
12	Spring floor or air track one mat				0.2m min.	1m min.	10m min.	
13	Stretching Mats		Minimum	2	Height	Width	Length	
			Preferred	4	0.3m	1m	2m	
14	Large Mirrors	Should be placed on walls so divers can observer body movements while training on equipment.						
15	Video Replay System (Similar to TIVO)	With at least 2 cameras and 2 monitors. This allows divers to review acrobatic skills performed on springboard and trampoline.						
16	Weight Lifting Equipment	Combination of free weights and weight lifring machines.						
17	Cardio Conditioning Equipment	stationary bicycles.	Minumum	2				
			Preferred	4				
	*Please note: Foam crash mats may be stacked to a height of 120cm for the foam landing pads, or Foam pits mazbe used instead of landing pads.							