


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	
			Horizontal	Vertical	Horizontal	Vertical
A	From plumbet Back to Building Wall	Designation	A-1		A-PL	
		Minimum	4.88		Varies	
		Preferred	6.10		Infinity	
B	From plumbet to Building Wall at Ahead	Designation	B-1		B-PL	
		Minimum	3.66		3.66	
		Preferred	Infinity		Infinity	
C	From plumbet to Building Wall at Side	Designation	C-1		C-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
D	From plumbet to Adjacent Plumbet	Designation	D-1		D-PL	
		Minimum	2.00		2.00	
		Preferred	2.40		2.40	
E	On plumbet from Board to Ceiling	Designation		E-1		E-PL
		Minimum		5.00		2.70
		Preferred		6.40		6.40
F	Clear Overhead behind and each side of plumbet	Designation	F-1	F-1	F-PL	F-PL
		Minimum	2.50	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
G	Clear Overhead ahead of plumbet	Designation	G-1	G-1	G-PL	G-PL
		Minimum	5.00	4.50	1.50	2.70
		Preferred	Varies	6.40	Varies	6.40
H	Width or Landing Pit in front of plumbet	Designation	H-1		H-PL	
		Minimum	1.83		1.50	
		Preferred	Varies		Varies	
J	Length or Landing Pit in front of plumbet	Designation	J-1		J-PL	
		Minimum	3.66		1.50	
		Preferred	Varies		Varies	
K	Angle or Spotting Rig Ropes	Designation		K-1		K-PL
		Minimum		30°		30°
		Preferred		30° ±		30° ±
L	Height or Spotting Rig above diving board or platform	Designation		L-1		L-PL
		Minimum		4.50		4.50
		Preferred		6.40		6.40
M	Distance in front of Plumbet to Spotting Rig	Designation	M-1		M-PL	
		Minimum	0.76		0.76	
		Preferred	0.91		0.91	
N	From plumbet to Pit Wall at Side	Designation	N-1		N-PL	
		Minimum	1.83		1.83	
		Preferred	Infinity		Infinity	
O	Overhanging	Designation	O-1		O-PL	
		Minimum	1.50		1.00	
		Preferred	1.50		1.00	
P	From Plumbet to Pit Wall at Ahead	Designation	P-1		P-PL	
		Minimum	4.00		3.66	
		Preferred	Infinity		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.