



## 15.7

## APPENDIX 7 – Equipment in Dry Land Facilities

Recommended Equipment in Dry Land Facility			Number	Suggested dimensions			
1	<b>Diving Boards</b>	Springboard as FR 5.1.1 mounted on diving stands with movable fulcrums.	Minimum	2			
			Preferred	4			
2	<b>Dry Land Stands</b>		Minimum	2			
			Preferred	4			
3	<b>Diving Board Landing mats</b>	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	<b>Trampolines</b>		Minimum	2			
			Preferred	4			
5	<b>Spotting rigs</b>	2 rigs over 2 of the 4 trampolines		2			
6	<b>Panel mats</b>		Minimum	8			
			Preferred	8			
7	<b>Stall bars</b>	Stall bars minimum use 4 people					
8	<b>Foam Crash Mats</b>		Minimum	2	Height	Width	Length
			Preferred	4	22cm	2m	3m
9	<b>Somersault Boxes</b>		Minimum	8	Height	Width	Length
			Preferred	8	0.3m	1m	1m
10	<b>Landing mats for somersault boxes</b>		Minimum	8			
			Preferred	8			
11	<b>Platform in to foam pit</b>			1	1-3m		
12	<b>Spring floor or air track one mat</b>				O.2m min.	1m min.	10m min.
13	<b>Stretching Mats</b>		Minimum	2	Height	Width	Length
			Preferred	4	0.3m	1m	2m
14	<b>Large Mirrors</b>	Should be placed on walls so divers can observe body movements while training on equipment.					
15	<b>Video Replay System (Similar to TIVO)</b>	With at least 2 cameras and 2 monitors. This allows divers to review acrobatic skills performed on springboard and trampoline.					
16	<b>Weight Lifting Equipment</b>	Combination of free weights and weight lifting machines.					
17	<b>Cardio Conditioning Equipment</b>	stationary bicycles.	Minimum	2			
			Preferred	4			
	*Please note: Foam crash mats may be stacked to a height of 120cm for the foam landing pads, or Foam pits maybe used instead of landing pads.						