

Competition Information **BOOKLET**



This document only serves to give you an idea of how we run our trips away. Every trip is different and every child/family's circumstances are different.

As a general rule, all protocols in the following pages will be adhered to, however there will always be exceptions to the rules (for example, allowing divers to go home early from an event during exam time), or allowing divers to make their own way to an event (if they have exams, or they are not in Plymouth at the time of departure) and there will always be things that come up which we have not planned for in this document.

Discussion can always resolve such issues.

COMPETITION PROCEDURES

There are a whole host of different events every year.

Divers are selected to compete based on their ability to perform the required test in their age group. (Age groups are based on the age of the diver as at 31st December in the year of the event).

The team will be announced in the Newsletter “Jubbly”, or by letter. A consent form will be given out at this time and a deadline for returning the consent form will be indicated.

Costings and a payment deadline will be outlined in a subsequent letter, or in the newsletter “Jubbly”. These costings will be based on the number of confirmed team members. All events are NON-PROFIT MAKING.

If your child’s form is not submitted by the deadline we will assume that they are not taking part in the trip and will not include them in the final details.

Important – if you cancel after having accepted the place on the team, you will be liable for full costs.

If you are not sure, or you can’t meet the deadline for whatever reason, all you have to do is call and let us know. We will do anything we can to help you out.

There will always be unforeseen circumstances that mean you have to change your plans, or we may add extra members to the team, but this only concerns the odd 1 or 2 divers – everyone else should be able to stick to the deadlines indicated.

The following paragraphs outline procedures regarding trips away. It is important to note that this is only a guideline. There will always be exceptions to every rule although we do try to keep to the same policies for each event wherever practical. You will be notified of any variations.

This information has been compiled following extensive experience from more than 13 years of trips away to competitions. Rules and procedures have been developed to ensure that we can organise the best trip for your child, with the least amount of fuss, giving them the best possible opportunities to perform to their highest level and ensuring everyone is treated in the same way and given equal opportunities.

TRIPS AWAY

Team Unity

Divers taking part in trips away will all travel with the team and be accommodated with other members of the team. This is all part of the event and is very important from an organisational point of view and with regard to promoting a feeling of team unity.

Selections

Diver selections are based on a number of different things. The main criteria is the diver’s ability to perform the required test to an appropriate level for that event and from Intermediate Age Group level upwards, divers must be able to perform that test to an appropriate level on at least 2 of the 3 boards (1m, 3m, platform). Once divers get to elite level (elite Juniors/Senior Team) and begin to specialise, this changes again, depending what the coach decides will be of greatest benefit to them.

Ultimately, final selection rests with the coaches who know the event and what constitutes an “appropriate level”.

Team Kit

All competitive divers are required to have full Plymouth Diving Team Kit.

A small stock is kept in the office, or alternatively, for a first trip, you can borrow some from a friend. The full kit is jacket, trousers, shorts and shirts.

Divers will not be permitted to wear any other kit at the pool or to & from the hotel.

Accommodation

We try to house our teams in some of the nicer hotels. We can get extremely good weekend rates – these rates are often better or as good as nearby B & B type hotels. When this is not possible or too expensive, we use local hotels or guesthouses.

Food

On occasions in the past, divers have refused to spend their money on food. It is for this reason that food is now included in the final cost of the trip.

The type of food will depend on the length of the trip but we always ensure the divers eat a main evening meal on each day we are away. Breakfast is usually included in the hotel deal and packed lunches are made up by the chaperones.

Event schedules are very tight so it may not be practical to take the divers anywhere other than the nearest McDonalds for their evening meal, although we do try to get some variety wherever possible, particularly on longer trips.

Packed lunches will usually consist of ham or cheese sandwiches/wraps, salad, crisps, biscuits and fruit, plus plenty of orange and blackcurrant squash.

Important – on the last day of an event, it may not be possible to provide the divers with a hot evening meal, depending on the transport schedule. If this is the case, chaperones will make up extra sandwiches so the children do not go hungry.

Chaperones

Chaperones play a vital role in trips away, because coaches spend the majority of the day on the poolside at events, coaching, judging, announcing etc and we therefore need other adults around to take care of the divers when they are not in the water.

The chaperones also look after the divers at the hotel (check the rooms, oversee the team harmony, sort out the food, make sure the children call home and basically take care of the general welfare of the team).

We use Mums/Dads of divers on the team and no one will ever chaperone for the first time without an experienced chaperone alongside them to show them the ropes.

All Parents who apply to chaperone, must submit a CV and complete Child Protection forms to register themselves with the Governing Body. These forms are also submitted to the CRB for a police check.

All staff must also undergo a Good Practice and Child Protection Workshop as well as a variety of other different courses from Team Managing to First Aid.

It can be a very demanding role as they are the first up and often the last to bed, but it is obviously a vital one and for that reason, the chaperones' transport and accommodation expenses are paid and they are given a small daily allowance too.

The number of chaperones we use will depend on the size and experience of the team. As a general rule, we try to keep to a ratio of 1 chaperone to 8 divers.

Communications

The chaperones will ensure you receive a phone call at some point on the day we arrive but you should then make sure your child knows when you would like them to call again - this will not be policed by the chaperones.

You will be given contact numbers for the hotel and a mobile number, but these should only be used in emergencies.

You can call the contact mobile number given to ascertain an arrival time home.

You obviously need to make sure your child has change for the phone, or a phone card, or BT charge card.

Costings

We always try to keep the cost to an absolute minimum and will often spend a number of days working on different scenarios in an effort to keep the bill as low as possible.

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We aim to make costings fully inclusive so that the divers need to take very little additional money with them.

Note – we aim to keep the cost low for you, but have to make sure the competition account does not end up in the red, therefore costings are not finalised until exact numbers are known.

Important, event costs are non-refundable. If a child withdraws from the team prior to departure regardless of reason, or is withdrawn at an event for medical/safety/disciplinary reasons, the costs incurred cannot be refunded due to the way costs are worked out.

Valuables

Please discourage your children from taking lots of cash, or valuable items they could not bear, or afford to lose. Plymouth Diving take no responsibility for lost/stolen items, including mobile phones.

Luggage

Please encourage the divers to pack as little as possible – they need to be able to carry their OWN bags, particularly if we are travelling by train. We suggest a small rucksack for pool kit and a small holdall for the rest of their things.

Supporters

We always welcome family members to come and support the team, no matter how far away the events are. All that we ask is that you respect the team identity.

Even if you are staying in the same hotel, your child will stay with other members of the team (unless they are under 8).

Also, at the pool during the day, the chaperones and coaches have overall control of the divers. It is very important that you respect this process.

There are several reasons for this, the main one being that team staff will know when the divers must train, when they are competing and therefore when it is best for them to eat and when they must be ready to get in the pool. Divers disappearing without the team staff's knowledge can cause major problems.

Divers may travel home with their Parents but they must remain with the team until **all** the events are finished.

Discipline

Divers must abide by a code of conduct, which will be given to them prior to each event.

If anyone breaches this code of conduct, action may be taken. This will be in consultation with their parents and will depend on the severity of the incident.

In the past, this has taken the form of a ban from training for a period of time, a ban from a particular event, or in extreme cases, dismissal from the programme.

Therefore, could you please make sure your child understands the code of conduct and what is expected of them.

Consent form

This form should be completed in full and must include any dietary requirements (such as vegetarianism, allergies, or any foods they simply will not eat) and any medication the divers may be taking.

The chaperones need to be made fully aware so that they can make preparations for any special requirements.

The consent form is kept on file at the event, in case of an emergency.

Medication

If your child is under 18 and is taking medication at the time of the event (whether over the counter, or prescribed), this must be included on the consent form and the medication, with dosage instructions, given to the chaperones prior to departure. No diver under 18 will be allowed to self medicate.

The only exceptions to this rule are inhalers and epi pens, which the divers must keep themselves, for obvious reasons, but which must still be noted on the forms.

**AN INTRODUCTION TO
COMPETITIVE DIVING**

Springboard dives are arranged in 5 groups:

- 1: Forward Group (diver facing forward, rotating forward)
- 2: Back Group (diver with back to water, rotating backwards)
- 3: Reverse Group (diver facing forwards and rotating backwards toward the board)
- 4: Inward Group (diver with back to water, rotating forwards toward the board)
- 5: Twist Group (diver performing a dive from any of group 1-4, but at the same time, twisting their body about a longitudinal axis)

There is a 6th group added on platform:

- 6: Armstand Group (diver balances on hand, either with back to the water, rotating forward or reverse, or balancing facing the water rotating backwards)

Most dives in Groups 1 to 4 and 6 can be performed in any one of three positions:

Straight: Body and legs straight with no bending at the hips or knees

Piked: Body bent at hips, legs straight, without any bend at knees

Tucked: Body bunched up close to knees, elbows in with hands clasping shins

Competitions:

A diving competition is conducted by a referee, 3, 5 or 7 judges, two manual recorder, sometimes a computer operator and an announcer.

After each dive, the referee signals the judges to put up their award. The points scored can range from zero to 10. The judge will consider the approach/starting position, take-off, flight and entry of the dive and will then post an award, having looked at the dive as a whole. Judges do not take the difficulty of the dive into consideration.

The recorders copy down the judges scores and work out the dive total. When there are 3 judges, the recorders will add the scores and multiply them by the tariff. With 5 judges, the recorders will take off the highest and lowest marks, add the remaining 3 and multiply by the tariff. Internationally, when there are 7 judges, the recorders will take off the 2 highest and 2 lowest marks, and then perform the same process. This is so that results from competitions using 3, 5 and 7 judges can be compared.

Tariffs

Each dive is afforded a degree of difficulty or tariff (worked out using a complicated formula). This ranges from 1.2 which is the easiest, up to 3.9, currently the most difficult dive being performed in the World. This means that the diver who can competently perform the higher tariff dives, can often have an advantage over the one with the easier dives. However, this is only the case if the diver performs the more difficult dives well.

For example:

A back dive tucked from 1m has a tariff of 1.5
If the dive scores 5's from all judges = 15 points
 $15 \times \text{tariff} (1.5) = 22.50$ total dive score

A reverse dive tucked from 1m has a tariff of 1.6
If the dive scores 5's from all judges = 15 points
 $15 \times \text{tariff} (1.6) = 24.00$ total dive score (higher than the lower tariff back dive with the same judge scores).

However:

If the back dive scores 5.5's from all judges = 16.50 points, $16.50 \times 1.5 = 24.75$ total dive score

If the reverse dive scores 4.5's from all judges = 13.50 points, $13.50 \times 1.6 = 21.60$ total dive score

So you can see where a higher tariff dive can have an advantage, but where you can also lose that advantage if the dive is not performed as well as someone else's lower tariff dive.