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# Longfellow's Rules for Safe Diving

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## Diving Safety

Head, neck or spinal injuries can happen if safe diving principles are not followed. The following guidelines are recommended for safe diving:

- Learn how to dive safely from a qualified instructor.
- In a headfirst dive, extend the arms with your elbows locked alongside the head.
- Hold your hands together with the palms facing toward the water. The hands must enter the water first. This keeps the water from hitting the top of the head too hard and helps protect from injury.
- A diver's body should be tensed and straight from the hands to the pointed toes.
- Follow safety rules at all times—never make exceptions.
- Do not wear earplugs; pressure changes make them dangerous.
- Obey “No Diving” signs. They are there for safety.
- Dive only in designated diving areas.
- Be sure of water depth and that there are no objects in the water.
- When entering water for the first time, ease in or walk in; do not jump or dive.
- Never dive into an above-ground pool, the shallow end of any in-ground pool or at a beach.
- Never dive into cloudy or murky water.
- In lakes, rivers or other bodies of water, always check first for objects under the surface, such as logs, stumps or rocks.
- Check the shape of the pool bottom to be sure the diving area is large enough and deep enough for the intended dive.
- The presence of a diving board does not necessarily mean it is safe to dive. Pools at homes, motels and hotels might not have a safe diving area.
- Dive only off the end of a diving board. If you dive off the side of a diving board, you could hit the side of the pool or enter water that is not deep enough.
- Do not bounce more than once on the end of a diving board. You could miss the edge or slip off the diving board.
- Do not run on a diving board or attempt to dive a long way through the air. The water might not be deep enough at the point of entry.
- Swim away from the diving board after entering the water. Move out of the way of the next diver quickly.
- Never use drugs or alcohol when diving.
- Do not wear swimming goggles when diving.
- Stay away from pool drains! If a pool drain is not secured properly, suction can pull hair, clothing, jewelry or a body part into the drain or trap a person.