



LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts*  
*Les experts en surveillance aquatique*

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## Safety Standards for Canadian Swimming Pools and Waterfronts Swimming Pool Standard

### Recreational Use of 3 Metre Diving Board Standard

#### Standard

For recreational use of a 3 metre diving board or platform, pool operators shall ensure:

1. That access to a 3 meter diving board or diving platform by a ladder is limited to individuals over 12 years of age, and measuring at least 1.35 metres (4 ft 4 in) in height (Coroner Ramsay recommendation).
2. That surfaces (steps, ladder, springboard and platform) are non-slip even in wet conditions.
3. That the part of a springboard or diving platform which is not over water, and that is 1 m from the surface or higher, must be equipped on both sides with guardrails which conform to building standards and codes.
4. That the water area required for diving entries must conform to building standards and codes.

#### Definitions

**Recreational use of a diving board or platform:** diving activity which is not under the direct supervision of a qualified or certified diving instructor or coach.

#### Rationale

Diving related incidents and injuries, and slip and falls from a diving board or platform in public pools, were monitored by the Canadian Hospitals Injury Reporting and Prevention Program from 1990 to 2005 (CHIRPP). The search was restricted to public swimming pool incidents where the direct cause of injuries was the pool deck (concrete or ceramic tiles), or the structure of diving facility (board, platform, ladder, stairs).

Only 7% of the incidents occurred in organized diving or swimming (lessons or competition), and 86% of the incidents involved the pool deck as the direct cause of injury. Slip and fall incidents on the diving board or platform involved slipping due to a wet surface 42%

(CHIRPP May 2006). In 2006, a child died following a fall onto the concrete deck from the ladder of a 3 m diving board (Ramsay).

To ensure the safety of bathers and prevent injuries related to slip and falls on deck from diving facilities, Lifesaving Society provides this standard as a guide for the safe operation of recreational diving activities.

## Implementation

Pool Operators should ensure that diving facilities are inspected daily. All surfaces for the diving board or platform should be solid and non-slip, and guardrails secure.

New diving boards and platforms which are 3 metres or higher should be accessible only from stairs. The portion of the board or platform which is not over the water should be equipped on both sides with guardrails which prevent bathers from falling onto the deck while allowing bathers to be seen by lifeguards.

## References

- Injuries associated with ... slip and falls from diving board, towers and platforms (outside of pool) in Public Pools, *Canadian Hospitals Injury Reporting and Prevention Program(CHIRPP) database cumulative to May 2006, all ages.* [http://www.phac-aspc.gc.ca/injury-bles/chirpp/pdf/CHIRPP\\_INJURY\\_BRIEF\\_DIVE\\_TOWER\\_051206.pdf](http://www.phac-aspc.gc.ca/injury-bles/chirpp/pdf/CHIRPP_INJURY_BRIEF_DIVE_TOWER_051206.pdf)
- Ramsay J. (2006) Coroner Investigation Report no-A-159478.
- Alert: Lifeguarding in Action; Lifesaving Society Canada
- Quebec Construction code B-1.1 r.2 - Chapter X, bathing places, 10.26-10.35 [http://www2.publicationsduquebec.gouv.qc.ca/dynamicSearch/telecharge.php?type=3&file=/B\\_1\\_1/B1\\_1R2\\_A.HTM](http://www2.publicationsduquebec.gouv.qc.ca/dynamicSearch/telecharge.php?type=3&file=/B_1_1/B1_1R2_A.HTM)

## Approval

- Approved by the Lifesaving Society Canada Board of Directors on 8 May 2016.

## Disclaimer

Lifesaving Society Canada's National Safety Standards are developed using Coroners' recommendations, the latest evidence-based research, and reflect the aquatic industry's best practices at the time the publication was approved or revised.

The purpose of these standards is to encourage swimming pool, waterpark and waterfront owners, managers, operators and regulators to adopt these standards in order to prevent drownings in aquatic environments.

Lifesaving Society Canada's National Safety Standards do not replace or supersede local, provincial/territorial or federal legislation or regulations, but they are considered the standard to which aquatic facility operators should work towards in order to enhance safety within their operations and to prevent drowning and aquatic-related injury.