



## Appendix

Table of content	Page Numbers
Club philosophy.....	2
Code of conduct athletes.....	3-5
Code of conduct parents.....	6-9
Competition levels .....	10
Competitions QLD.....	10
Competition Qld registrations, dive sheets and fees.....	11
Competitions levels - Australian Nationals.....	12
Parent Communication with staff and coaches.....	12
Pool/ Dryland Etiquette and safety for divers.....	13
Progressing through class levels - Beginner, Development and competitive....	13
Uniforms PDC Club clothing and swim wear.....	14
Uniforms Qld Diving.....	14
What to bring to training.....	14

## **CLUB PHILOSOPHY**

In addition to rule set by the club it is important to understand the philosophy and the culture of the club. We want to create a healthy environment with the use of positive reinforcement and resilience building language from our coaches. It's imperative that there is a positive atmosphere amongst the coaches and athletes. In addition we will strive to teach our athletes to be more resilient in the face of challenges. When you put in the effort and the coaches see that you are working hard and making the necessary changes based on their feedback you will be praised for your efforts, if you are not make adjustments your coach will tell you need to work harder to improve. Try your best !

50% of the responsibility lies on the coaches the other 50% is up to you to make the changes, this is a team effort.

Polite and clear communication is vital, the coaches will listen to you and you will listen to the coaches. Together we will improve our skills as coaches and athletes.

We believe that our club and our sport is here to help the athletes learn valuable life lessons, for example work hard to be a better person and we believe you will be a better athlete. This is also in line with one of Australia most famous Rugby coaches Wayne Bennet.

# CODE OF CONDUCT ATHLETES

## **Athlete Philosophy**

### **Key points**

1. Resilience
2. Encouragement
3. Courage

In addition to rules set by the club it is important to understand the philosophy and the culture of the club. We want to create a healthy environment with the use of positive reinforcement and resilience building language from our coaches. It is imperative that there is a positive atmosphere amongst the coaches and athletes. In addition, we will strive to teach our athletes to be more resilient in the face of challenges.

### **Effort as an athlete**

When you put in the effort and the coaches see that you are working hard and making the necessary changes based on their feedback you will be praised for your efforts, if you do not adjust, your coach will tell you need to work harder to improve. Try your best!

50% of the responsibility lies on the coaches the other 50% is up to you to make the changes, this is a team effort.

### **Communication**

Polite and clear communication is vital, the coaches will listen to you and you will listen to the coaches. Together we will improve our skills as coaches and athletes.

We believe that our club and our sport is here to help you learn valuable life lessons, for example work hard to be a better person and we believe you will be a better athlete.

Respect is extremely valuable at Paradise Diving Club, you must have respect for your coaches, other athletes within your lesson and any officials, board members, lifeguards and all members of the club.

## **As an Athlete**

- I will never argue with a coach, pool staff member, fellow athletes, administrators or PDC board members. If I disagree with a decision, I will inform the head coach.
- I will control my temper; I understand that verbal abuse will not be tolerated.
- I understand deliberately distracting or provoking an opponent is not acceptable and is not permitted in any sport.
- I will have respect for all my coaches and other athletes within the club and treat them how I wish to be treated.
- I will work equally hard for myself and constantly strive for improvement.
- I will be a good sport and applaud all athletes on their achievements and progressions.
- I will not bully or take unfair advantage of another competitor or athlete.
- I will cooperate with my coach, fellow athletes, and opponents appropriately.
- I will display modesty in victory and graciousness in defeat.
- I will participate for my own enjoyment and benefit, not just to please parents and coaches. If I have an issue or concern, I will respectfully speak to my coach in private.
- I will not arrive to training intoxicated or consume alcohol or be under the influence of drugs at the venue or any competitions.
- I will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, or religion.
- I will thank the staff and officials at the end of each lesson and competition
- Care for and respect the equipment provided to you as part of your lesson
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.
- I must be conscious of the language I use to not discourage myself or other athletes.
- I will try my best and support other athletes with positive affirmation.

## **Safety rules:**

1. No jumping on the diving boards, trampolines or using any equipment until the coach has given you permission.
2. No dwelling underneath the diving boards, this is for your safety and to not disturb the divers whilst on the board

3. No startling your fellow divers during a dive
4. Always get the attention of your coach prior to your dive - to ensure the full safety of you as an athlete.

### **General Courtesy**

- Greet all the divers and coaches upon arrival. Thank your coaches at the end of the lessons.
- Listen to your coaches and make the corrections based on their feedback.
- Polite and respectful language towards coaches will be praised, it is not acceptable to be rude or disrespectful towards your coaches.
- Yelling or bad language is not permitted
- Bullying, teasing, or putting another coach or athlete down will result in immediate written warnings

### **Consequences**

- The first warning will be made verbally.
- Written warnings will be made if the poor behaviour continues. Parental guardians will be involved.
- Maximum of two written warnings will be made and the final act of misconduct will result in expulsion from the club.

# CODE OF CONDUCT PARENTS

## Club Philosophy

### Key points:

1. Resilience
2. Encouragement
3. Courage

In addition to rules set by the club it is important to understand the philosophy and the culture of the club. We want to create a healthy environment with the use of positive reinforcement and resilience building language from our coaches. It is imperative that there is a positive atmosphere amongst the coaches, athletes, and parental guardians. In addition, we will strive to teach our athletes to be more resilient in the face of challenges.

## Communication

Listen and respect the opinions of each other, regarding diving, your opinions and ideas must be formulated with facts, experience, and rationale.

Your child's safety and development are our priority, and as such our coaches need to focus all their attention on your children during lesson times. It is imperative that our coaches are not interrupted during classes.

Our preferred method of communication is email, text messages, or phone.

- [admin@paradisedivingclub.com](mailto:admin@paradisedivingclub.com)
- 0499284095

Our business hours are

- 9 am - 3 pm
- Monday - Friday

Should you wish to speak face to face our coaches they are available after ALL their classes for the Day have finished for a 10 minute period. Please email or call to book in a time.

## Competition communication

For competitions, your coach will communicate with you directly via email,

THEIR PERSONAL EMAIL IS STRICTLY ONLY FOR THE USE OF COMPETITIONS.

For all other enquiries outside of the competition period please use [admin@paradisedivingclub.com](mailto:admin@paradisedivingclub.com)

## **As a parent**

As a parent/guardian of an athlete/participant in any activity held by or under the auspices of Paradise Diving Club, a member association or an affiliated club, you must meet the following requirements regarding your conduct during any such activity or event

- Respect the rights, dignity and worth of others
- Remember that your child participates in sport for their own enjoyment, not yours
- Focus on your child's efforts and performance rather than winning or losing.
- Never ridicule or yell at your child and other children for making a mistake or losing a competition.
- Show appreciation for good performance by all athletes (including opposing athletes).
- Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
- Respect officials' decisions and teach children to do likewise.
- Do not physically or verbally abuse or harass anyone associated with the sport (athlete, coach, judge, official, staff etc).
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, religion, or sexual orientation.
- I will be a positive role model.
- Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.
- Do not pressure your child in any way
- I will respect the coaches and I will not coach my own child in any way or any form during a lesson.
- I will encourage my child to play within the rules and respect the officials' and coaches' decisions - no matter what.

- Do not arrive at the venue intoxicated or drink alcohol at the venue when involved with my child or club.

## **Photography**

Photographs of Children to whom we deliver programs or services should only be photographed while involved in diving if:

- The context of the photo is directly related to participation in diving
- The child is appropriately dressed and posed. Images are not to be distributed to anyone outside paradise diving club other than the child photographed or their parent.
- Images are not to be exhibited online or exposed to any social media platforms without parental knowledge and express approval, or such images must be presented in a manner that de-identifies the Child.
- Do not take photographs or films of another child without parental consent.

## **Volunteering**

- As with any not-for-profit organisation, our competitions and social events are run by parent helpers. To ensure this does not fall to just a few parents, you will be expected at times to help at competitions and social events.
- It is not an onerous task and assistance is provided by fellow volunteers and board members. It is also a great way to meet other parents and get involved.
- We respect your personal lives and time schedules and understand, please do make yourself available as much as possible when the competition season has commenced.

## **General Courtesy**

- Polite and respectful language towards coaches and official members of Paradise Diving Club will be praised, it is not acceptable to be rude or disrespectful.
- Yelling or bad language is not permitted
- Bullying, teasing, or putting another coach, athlete or official's member down will result in immediate repercussions.



## **Consequences**

- Combative, confrontational, or abusive behaviour will not be tolerated and if it is continued it will influence your child's participation within the club.
- Photographing of anyone but your child is not permitted and will be adhered to immediately.
- Disrespect to other parents, athletes, board members or coaches will not be tolerated and if breached, will result in a meeting and outlook of your position or child's position within the club.

## COMPETITION LEVELS

Novice 1 - 3 dives (Beginner)  
Novice 2 - 4 dives (Beginner)  
Age Group divers (State/Nationals)  
Junior Elite divers (State/Nationals)  
Schools (Age Group/Junior Elite Divers)  
Opens Divers over 18 years old  
Masters 25 and over

## COMPETITIONS QLD

During the year the following type of competitions will be held.

Inter-club - Competitions that are more informal but gives athletes an introduction to a competition atmosphere. (Novice/ Age Group)

State competitions via Diving QLD which requires the child/parent or guardian to be registered with Diving QLD - The competitions are to provide competition experience and qualifying opportunities for the national championships. (Novice/ Age Group/Junior Elite Divers)

Weblink: <https://www.divingqld.org.au/registration/>

State Championships - via Diving QLD which requires the child/parent or guardian to be registered with Diving QLD. These competitions are for all of the divers in the state and qualifying opportunities for the national championships. (Age Group/Junior Elite Divers)

Weblink: <https://www.divingqld.org.au/registration/>

National Championships - All of Australia states participate. (Age Group/Junior Elite Divers)

### Competition - Dive Sheets

Dive sheets contain information about the type of dives the athletes will perform in the competitions. This is necessary for the competitions referees and officials.

The athletes or parents are to fill in their dive sheets prior the competitions via a web based program. See more information below.

## **COMPETITION QLD REGISTRATIONS, DIVE SHEETS AND FEES**

If this is your first time Competing at a Diving Queensland Event, there are 4 steps that MUST be done beforehand.

The total cost to attend the event will come to \$75-\$85.

Parent registration: \$20

Athlete registration: \$30

Event registration: \$15 for 1 board or \$25 for 2 boards

Coaching Fee: Will vary on number of athletes, location and the competition schedule.

Please note: Diving Queensland registration lasts until 30th of June 2021

STEP 1: Go to this link: <https://www.divingqld.org.au/registration/> and input the parents details ( If the Child is under 18)

Registration Type: Parent/Guardian.

STEP 2: Go to this Link: <https://www.divingqld.org.au/registration/> and input the Athlete Details.

Registration Type: Recreational Diver

STEP 3: Go to this link: <https://www.divingqld.org.au/events/> and register with the Athlete's details. (Coach to Explain which event and what boards to choose)

STEP 4: Go to this link: <https://www.diverecorder.co.uk/onlinesheets/meets.php>  
(Coach to Explain what to Do)

## COMPETITION LEVELS AUSTRALIAN NATIONALS

Nation Competition	Edible Divers Squad
Open	National Talent/National Age/Adults & Teens
Elite	National Talent/State Talent/Emerging Talent
Age	National Age/Junior Age/Junior Development/ Adults & Teens

### PARENT COMMUNICATION WITH STAFF AND COACHES

The hours of communication via phone or email is from 9am - 3pm Monday to Friday.

During the lesson's it is imperative that you do not talk or interrupt the the coaches, they require full attention on the class. This is in the best interest of your child and all of the children's safety.

There will be a 10-minute communication time to which the coach is available to talk to you after the coaches have finished all their lessons for the day.

For further information please refer to the code of conducts for parents section.

## **POOL/DRYLAND ETIQUETTE AND SAFETY FOR DIVERS**

- Respect your coach and listen to them.
- All divers are to wait in the stands or on pool deck until a coach arrives.
- No equipment is to be used unless a coach has given permission and is present.
- Parents are not permitted on pool deck or in dryland unless invited by the coach.
- Look after your own safety.
- Once you have dived, make your way to the pool edge under the board you've just dived from and exit the water quickly.
- No loitering under the boards.
- Don't jump from any equipment to the ground.
- Look after the safety of other divers.
- Make sure there are no divers in the water under the board prior to diving.
- Don't talk to a diver on the board that is preparing to dive.
- Don't walk behind the board when another diver is preparing to dive.

### **PROGRESSING THROUGH CLASS LEVELS (Beginner, Development and competitive)**

As mentioned above there are three levels with in the club.

- Beginner - 1 hour classes - introduce the basic skills of diving.
- Development - 2 hour classes - develop the skills to work towards the competitive group
- Competitive - 2 1/2 hour classes - this class caters for state and national level competitions (Age group divers and Junior elite)

The coaches use a skill assessment system which is based on the types of skills the athlete can perform and how well the skills are executed based on scores out of 10. The assessments will be made in the last week of term and the coaching staff will inform you if they have managed to progress to the next class. In addition to the assessment system it is also at the coaches discretion to enter or process the athletes into the appropriate class.

## **UNIFORMS PDC CLUB CLOTHING AND SWIM WEAR**

Paradise Diving Club shirts and bathing suites are available, please email: [admin@paradisedivingclub.com](mailto:admin@paradisedivingclub.com).

## **UNIFORMS QLD DIVING**

- Uniforms are compulsory for all divers selected to a State team or participating in the Elite Pathways program (National Talent, State Talent, Emerging Talent).
- Compulsory items are polo shirt, tracksuit jacket and pants. Please be aware that due to chlorine, bathers will need to be regularly replaced and you may like to factor this into your cost evaluations for the sport.

## **WHAT TO BRING TO TRAINING**

- Bathers - 1 piece for girls, speedos/swim shorts for boys
- Swim Cap - not essential but can be worn
- Towel
- Chamois
- Water bottle - labelled
- Runners, Shorts and a T-shirt for dry land work
- Healthy Snack - if training is longer than 3 hours