



Mission Family Aquatic Center Diving Board Rules

1. One person on a board at a time.
2. One person on a ladder at a time.
3. Jump straight off the board, facing forward only.
4. Do not dive until the previous diver has reached the ladder.
5. Swimmers may bounce only once on the diving boards.
6. No one will be allowed in the diving well to "catch" or assist others going off the diving board.
7. No flotation devices allowed on diving boards.