

Diving Certificate Guidance

Competitive Starts:

Please note: This will not apply to all events, only to some venues that require proof of competence to fulfil insurance requirements.

In order to be safe when diving at a swimming pool, we need to have a signed and dated certificate from a Swimming Coach with a qualification from below.

Acceptable qualifications to sign off the Diving Proficiency:

Qualification	Certificate
<ul style="list-style-type: none"> A Swim England Coach or Senior Coach (or equivalent version as per the swim mark matrix) A Level 2 Swimming Teacher who has also completed the Competitive Starts CPD A PE teacher with the Teacher of School Swimming certificate and completed a Competitive Starts CPD 	Swim England Competitive Start Award
<ul style="list-style-type: none"> Minimum Level 2 Swimming Coach 	Swimming Teacher's Association Competitive Starts and Turns Awards

Tetrathlon managers should order their needed number of certificates and make sure that they are signed off by an appropriate coach.

Certificates can be uploaded as an achievement to pelham (see below for instruction document). They will also need to be taken to venues that require proof of competence (venues will decide if digital copies are appropriate or whether they would need the physical copy)

Pony Club accepted Certificates:

Qualification	
Swimming Teachers Association Competitive Starts and Turns Level 1	Able to dive into pool from poolside
Swim England Preliminary Competitive Start Award	
Swimming Teachers Association Competitive Starts and Turns Level 2	Able to dive into pool from diving blocks
Competitive Start Award	

Tetrathlon Rulebook:

Below rule can be found on page 91 of 2024 Tetrathlon Rulebook:

<https://pcuk.org/sports/tetrathlon/#:~:text=Tetrathlon%20Rulebook%202024>

A water depth of 1.35m minimum is required, extending from 1.0m to at least 6.0m from the wall where the diving will take place.

If the height of the pool edge is not more than 0.40 metres above the level of water, swimmers that have achieved the Preliminary Competitive Start Award/Swimming Teachers Association Competitive Starts & Turns Level 1 may dive from poolside.

If the height of the starting blocks is not more than 0.75 metres above the level of the water, swimmers that have achieved the Competitive Start Award /Swimming Teachers Association Competitive Starts & Turns Level 2 may dive off of the starting blocks.

Swim England Competitive Start Award: (England)

<https://www.swimming.org/learntoswim/swim-england-competitive-start-awards/>

Certificates: <https://shop.swimming.org/awards/competitive-start>

Swimming Teacher's Association: (UK)

<https://www.sta.co.uk/international-learn-to-swim-programme/additional-programmes/competitive-starts-and-turns/>

Certificates: <https://shop.sta.co.uk/categories/swimming-awards/groups/additional-programmes/>

Organising a competition at a venue that needs the certificates:

When organising a competition at a venue that requires proof of competence, please let entrants know in advance. Uploading certificates on entry forms could also be easier if the pool needs to check.

Competitors should still be able to show certificate if asked. It is up to the pool what format they require the certificate in (digital or physical).


Pelham

These certificates are down as an achievement on Pelham, so please follow the same steps as if you were adding an achievement badge.





When adding the achievement, please search for '**Swim**' for both the Swim England CSA and the Level 1 and 2 Swimming Teachers Association Competitive Starts and Turns.

New Achievement History

General

Contact	*  Ellie Saunders
Qualification	* swim
Date Achieved	*
Expiry Date	
Delegate Session	
Owner	*

Qualifications/Achievements
Recent records

	Swim England Competitive Start Award	External	▼
	Swim England Preliminary Competitive Start Award	External	▼
	Swimming Teachers Association Competitive Starts and Turns Level 1	External	▼
	Swimming Teachers Association Competitive Starts and Turns Level 2	External	▼

+ New Qualification/Achievement
Advanced lookup

All accepted diving/swimming certificates will be on there. Please pick whichever is relevant to that member.

Make sure to input the date and there is no expiry.

Please remember –

Qualification	
Swimming Teachers Association Competitive Starts and Turns Level 1	Allows members to dive into pool from poolside
Swim England Preliminary Competitive Start Award	
Swimming Teachers Association Competitive Starts and Turns Level 2	Allows members to dive into pool from diving blocks
Competitive Start Award	

Once this is selected, save and go back to the member page.

To add their certificate to their Pelham, please go onto the preferences tab:

Summary Addresses Family Membership Achievements Coach/Volunteer Attendance Record **Preferences** Related ▾

Contact Methods			
Preferred	Any		
Email	Allow	Bulk Email	Allow
Phone	Allow	Fax	Allow
Mail	Allow		

Marketing Information

Originating Lead	---
Last Campaign Date	---
Marketing Materials	Send

Timeline

Search timeline

Enter a note...

Under timeline, please enter a note. Click the attachment icon next to it.

Timeline

Search timeline






Enter a note...


Add your information and your attachment.

Create a note

Competitive Start Award Certificate

Achieved 07/12/23

Segoe UI 9 **B** *I* U      ...







 **Add note** **Cancel**



Click add note


Create a note

Competitive Start Award Certificate

Achieved 07/12/23





 Segoe UI 9 **B** *I* U      ...


 ES CSA Certificate.png 



 Add note Cancel

Done!


Timeline



 Search timeline

 Enter a note... 

Recent




Modified on: 11:35

 Note modified by 



Competitive Start Award Certificate

Achieved 07/12/23

 [ES CSA Certificate.png](#)

Modified On: 11:35

View less

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