

West Chester Diving Hand Spotting Form

Hand spotting is a technique used to help divers learn basic somersaulting skills. It involves the coach manipulating the athlete in the air with his or her hands. The primary goal of hand spotting is diver safety.

By hand spotting, the coach can help the diver complete the somersault while at the same time lessen the impact on landing.

Only **West Chester Diving** staff members that are trained and certified in hand spotting techniques are allowed to hand spot. The **West Chester Diving** staff use landmarks on the body around the hips, shoulders and legs to spot. Inadvertently, a spotter will sometimes miss a landmark.

DIVER SAFETY MUST BE THE PRIORITY!

As a member of the **West Chester Diving**, it is your choice whether we hand spot your child. If you or your child are not comfortable being hand spotted, I would recommend that you tell us and we will use alternative training methods. No diver will lose opportunity or status based on the decision to be hand spotted.

I have read the above statement and discussed what hand spotting is with my child.

Diver (print name) _____

Parent/Guardian (print name) _____

Parent/Guardian (signature) _____

Please circle one:

I agree to allow my child to be hand spotted.

I do not wish for my child to be hand spotted.