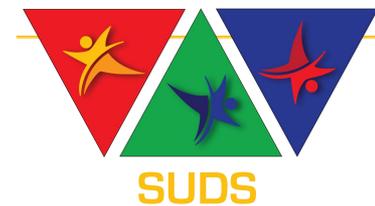




SUDS

**GUIDANCE NOTES FOR THE COMPLETION OF THE SU-DS
REGISTRATION FORMS**

2021



DSISO DIVE START GUIDELINES

Minimum Performance Requirements

These guidelines have been drawn from Fina guidelines regarding Dive Start requirements. Assessment and validation is to be made by a qualified swimming coach or swimming trainer.

Note: The Dive Start (Side) is also required for Synchronized Swimmers.

Dive Start Test (Side)

The depth of water is to be a minimum of 0.9m and a maximum of 1.5m with a freeboard of 0.38m

The swimmer is required to demonstrate that he/she is capable of performing the following activities from the Poolside under normal starting conditions in a proficient and safe manner.

1. Perform a shallow dive followed by a glide of at least 5m.
2. Perform a shallow dive followed by a front crawl leg kick to surface.
3. Perform a shallow dive followed by a dolphin leg kick to surface.
4. Perform a shallow dive followed by one breast stroke arm pull and leg kick to surface.
5. Perform a track, grab or wind-up start followed by a glide for 5m.

Dive Start Test (Block)

This additional assessment is to ensure that the swimmer has confidence in the use of the Block in achieving a dive start.

The depth of the water is to be as minimum of 1.35m and a maximum of 2.0m, the height of the Block is to be a minimum of 0.5m and a maximum of 0.75 above the water surface.

In addition to the requirements of the Dive Start (Side), the swimmer is required to demonstrate that he/she is capable of performing the following activities from the Block under normal starting conditions in a safe and proficient manner.

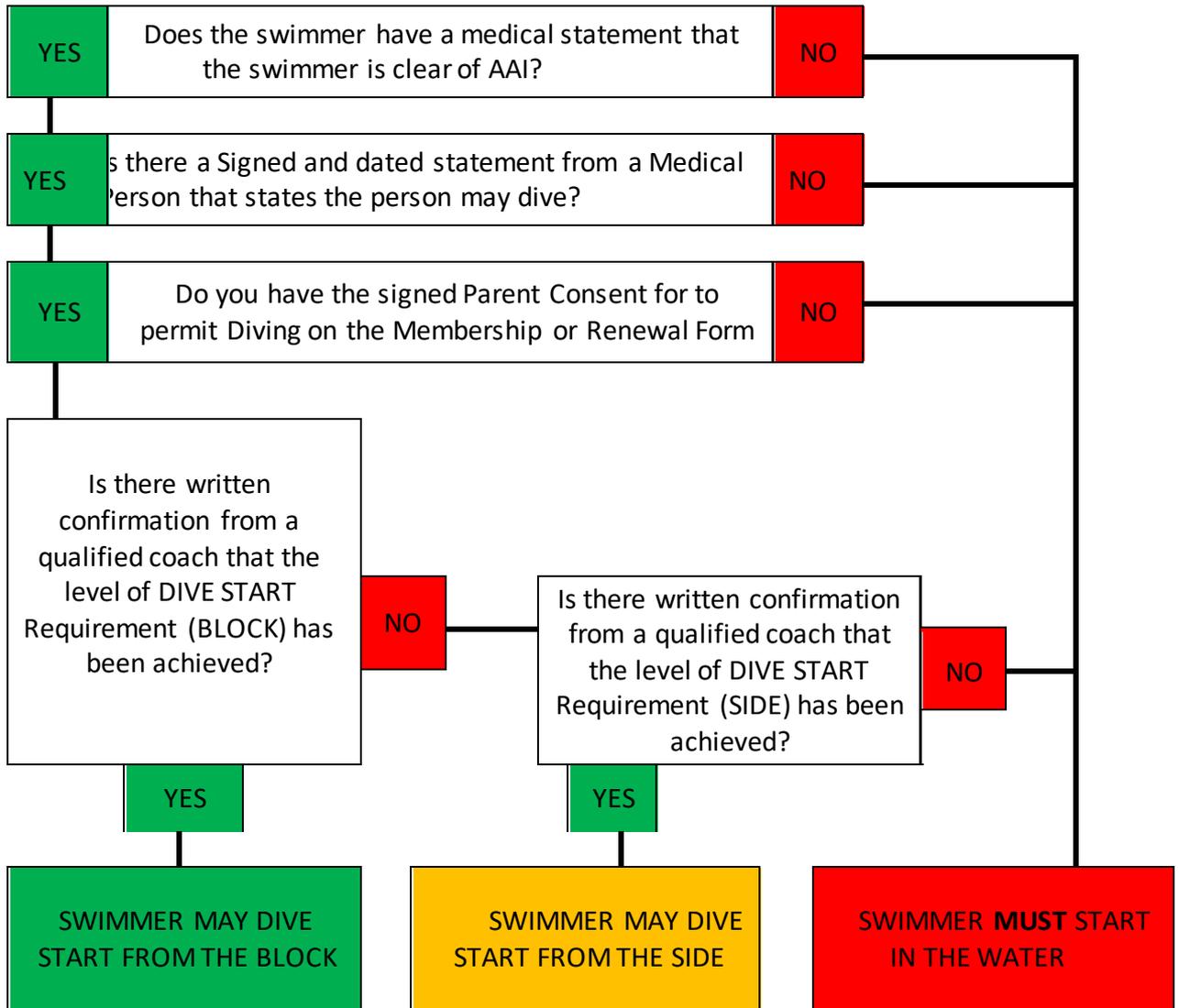
6. Perform a shallow dive followed by a glide of at least 5m.
7. Perform a track, grab or wind-up start followed by a glide for 5m.
8. Perform a dive start followed by a front crawl leg kick to surface.
9. Perform a dive start followed by one breast stroke arm pull and leg kick to surface.



PERMISSION TO DIVE START – DSISO RULES

The following flow chart, together with the associated forms and guidance on ability are to be used by ALL swimmers wishing to dive start at DSISO promoted Championships and events.

Failure to provide any of the required documentation, in English, WILL result in the swimmer being required to start in the water.



Swimmers must also provide medical evidence of AAI status.
 Note that any swimmer without AAI clearance or who is diagnosed with Symptomatic AAI will NOT be permitted to start.



Gymnastics Form – additional Information

EXEMPTIONS

Certain physiological conditions may prevent a gymnast from performing some moves correctly in accordance with FIG Rules.

We do not want to exclude any gymnast because they have a functional disability. This form is therefore essential for these gymnasts. Once completed the DSIGO medical officer will review the evidence and make a decision for the exemptions.

NOTE: These Exceptions will be subject to review by the DSIGO Medical and Technical Director during competition.

It is very important that information contained in the Exemption Form is kept up-to-date, therefore, this Form must be submitted not less than every two (2) years for a review of the conditions.

Please ensure that the form is completed fully by the Medical Practitioner and that all appropriate documentation is firmly attached before it is sent to SU-DS.

NOTE: It is the responsibility of the Gymnast (or Parent/guardian) to ensure that this information is reviewed every two years and the Review sent to SU-DS for dissemination to DSIGO. If no Review is submitted it will be assumed that the Exemptions are no longer necessary

FINALLY. You are strongly advised to keep copies of all evidence you submit.



GUIDELINES FOR DOPING CONTROL



- Currently SU-DS does not have the resources to become a signatory to the World Anti-Doping Agency (WADA) since to do so would involve significant implications for the administration of competitions and the application of Doping Tests for 'Out of Competition' testing.
- However, organisations that may organise events for sports within SU-DS (such as Fisdur for the Trisomy Games) are signatories to WADA and, as such, will conduct Doping Control during competition.
- Therefore, all athletes must:
 - Sign the appropriate Approval on page 3 of the Registration Form
 - Make themselves aware of the Prohibited List (10 pages) to be found on www.SU-DS.org under the Doping Control TAB.
 - If, under the guidance of a Medical Practitioner, and as a part of their daily health routine, they take any of the medications on the WADA Prohibited Lists, they must take a Therapeutic Use Exemption Form (TUE) to their Medical Practitioner for Completion.
 - The list is very complicated and if in any doubt you are advised to consult with your Medical Practitioner.
 - This Form must be taken to competitions – note that the Form may only be valid for a single competition depending upon time factors.
 - The TUE Form may be found on www.SU-DS.org under the Doping Control TAB.
 - Any questions can be sent to SU-DS (there is an Enquiry Form on the website). These will be referred to the SU-DS MAG (Medical Advisory Group)
 - For additional information please go to the WADA website at www.wada-ama.org