DIVING
ATHLETE DEVELOPMENT (Teaching)

No.	Element	Evidence
1.	All training sessions are planned and delivered by a licensed coach qualified to at least UKCC Level 2 Diving (CM5)	List of poolside personnel
2.	All assistant coaches are qualified to at least UKCC Level 1 Diving and are working towards Level 2 (CM5)	List of poolside personnel
3.	Teaching/coaching programme follows the principles of LTAD with particular reference to FUNdamentals. Sessions to develop sound basic take-off and entry techniques and the 4 groups of diving directional	Copy of programme Sample session plans
4.	All athletes at this level have access to basic dry-land training equipment	Copy of hire agreement
5. AP	Club has access to a 5m diving facility	Copy of hire agreement
6	Club enables frequent opportunities to access Flip 'n' Fun, Novice or club competitions (CM2)	Proof of attendance
7.	Club encourages and signposts athletes to other sports, particularly trampolining, gymnastics and ballet	Outline of process List of opportunities
8.	Club teaching plan is openly communicated to all members (CM 25)	Proof of communication Copy of club teaching plan detailing attainment targets
9.	Athletes with the help of their teachers are involved in recording their progress by maintaining a "Record of Achievement". Including awards (e.g. ASA Awards or suitable equivalent) as an incentive for the athletes. (CM2)	Details of Awards used and sample of record of achievement

Notes: All elements within this module must score 2 points each with the exception of element 5, see below.
AP – *this element may score 1 at the point of accreditation subject to inclusion within the Club Improvement Plan and should be achieved within the agreed timescale.*

DIVING
ATHLETE DEVELOPMENT (Skill Development)

No.	Element	Evidence
1. AP	All training sessions are planned and delivered by a licensed coach qualified to at least UKCC Level 2 Diving and working towards UKCC Level 3 (CM5)	Copy of coach certificate Sample session plans – Pool and Dry land Record of Club Personnel Action Point regarding qualification – must have a UKCC level 2 Diving/ASA Diving Teachers Certificate
2.	When UKCC Level 3 Coach is absent the programme is to be delivered by a licensed coach qualified at UKCC level 2 Diving and working towards UKCC Level 3. (CM5)	List of poolside personnel Copy of coach certificate Proof of coach development
3.	Divers are able to access a 5m diving facility	Copy of programme/ Copy of hire agreement
4.	All athletes at this level access a dry land area with trampoline or dry board opportunities (CM1)	Copy of hire agreement Copy of Programme Copy of trampolining qualification
5.	Athletes at this level can access 4-8 hours pool time per week (CM1)	Copy of hire agreement Copy of programme
6.	Club and its coaches demonstrate a commitment to supporting National Programme initiatives (e.g. Regional/National Seminars, Development Days)	Proof of attendance
7.	All athletes at this level have short and long term goals mutually agreed with their coach, and documented in a personal log book	Copy of Divers log book
8.	Club covers the teaching of all 6 diving groups. (CM1)	Copy of programme Sample session plans
9.	Club has a progressive, competitive programme and competes in Regional events	Copy of Programme Proof of attendance
10. AP	Club organises sessions to provide information to athletes and parents on issues basic sports science principals, such as nutrition, lifestyle management and doping protocols.	Outline of programme Session sample plan Club communication

Notes: All elements within this module must score 2 points each with the exception of elements 1 & 10, see below.
AP – *this element may score 1 at the point of accreditation subject to inclusion within the Club Improvement Plan and should be achieved within the agreed timescale.*

DIVING
ATHLETE DEVELOPMENT (Competitive Development)

No.	Element	Evidence:
1. AP	All training sessions are planned and delivered by a licensed coach qualified to at least UKCC level 3 Diving (CM5)	Copy of coach certificate Sample session plans – Pool and Dry land Record of Club Personnel Action Point regarding qualification – must have a UKCC level 2 Diving/ASA Diving Teachers Certificate
2. AP	When UKCC Level 3 coach is absent, the programme is delivered by a licensed coach qualified to at least UKCC Level 2 Diving and working towards UKCC Level 3 (CM5)	List of poolside personnel Copy of coach certificate Sample session plans
3.	Athletes can access 10-16 hours water time each week over a minimum period of 5 sessions a week (CM1)	Copy of programme Sample session plans
4.	Athletes can access 5 – 8 hours dry-land training each week, which includes somersault practice, trampolining, Dry board, over head rig and strength and conditioning (CM1)	Copy of hire agreement Copy of programme Copy of trampolining qualification
5.	The club has access to a 10m facility and synchronised boards for specialised training	Copy of hire agreement Statement from facility manager
6.	Club and its coaches demonstrate a commitment to supporting National Programme initiatives (Regional Training Centres, National Seminars)	Proof of attendance Proof of communication
7.	All athletes at this level have short and long term goals mutually agreed with their coach and documented in their personal log books	Copy of Divers log book
8.	All athletes access appropriate and relevant sports science/medicine supports	Outline of procedure
9.	Club provides progressive development of optional dives from all boards	Copy of Programme
10.	Club ensures athletes gain experience of competitive opportunities at a Performance level (e.g. Grand prix events GB Champs)	Copy of programme Copy of session plans
11	Club has a coach on the World Class Programme (e.g. Talent, Junior Development, Podium)	Copy of selection letter to World Class
12	Club maintains at least 2 athletes who consistently reach the final at Senior/Junior Nationals	Proof of divers results and dive sheets
13	Club has athletes accessing WC Programmes	World Class Programmes selection list
14	Club maintains links with local gymnastic/trampoline club	Proof of link
15	Club ensures all athletes, parents and coaches at this level	Outline of procedure

No.	Element	Evidence:
	access an education programme regularly delivering topics such as doping protocols, nutrition, time and lifestyle management	Proof of attendance
16	Club has produced and delivers an annual training and competition plan based on cyclical goals appropriate to the stage of development of each diver	Copy of annual programme and competition calendar Club covers the teaching of all diving groups, 2.5 somersaults all directions, plus basic multiple twist dives

Notes: All elements within this module must score 2 points each with the exception of elements 1 & 2, see below.
AP – *this element may score 1 at the point of accreditation subject to inclusion within the Club Improvement Plan and should be achieved within the agreed timescale.*

DIVING
ATHLETE DEVELOPMENT (Performance)

No.	Element	Evidence
1. AP	All training sessions are planned and delivered by a full time, licensed coach qualified to at least UKCC Level 3 Diving(CM5)	Copy of coach certificate Sample session plans Record of Club Personnel Action Point regarding qualification – must have a UKCC level 2 Diving/ASA Diving Teachers Certificate
2. AP	When UKCC level 3 coach is absent, the programme is delivered by a licensed coach qualified to at least UKCC Level 2 Diving and working towards UKCC Level 3 (CM5)	List of poolside personnel Copy of coach certificate Sample session plans
3	Training takes into consideration each individual athlete's growth and development in line with LTAD principles (CM2)	Copy of programme Copy of register Copy of session plans
4.	Club has access to a 10m facility and synchronised boards for specialised training	Copy of hire agreement Statement from facility manager
5.	Club has produced and delivers an annual training and competition plan based on cyclical goals appropriate to the stage of development of each diver (CM1)	Copy of annual programme and competition calendar
6.	Athletes can access 8-12 hours water training each week (CM1)	Copy of programme Copy of hire agreement
7.	Athletes can access 12-18 hours dry-land training each week, which includes somersault practice, trampolining, dry board and overhead rig and strength and conditioning (CM1)	Copy of hire agreement Copy of programme Copy of trampolining qualification
8.	All athletes have short and long term aims mutually agreed with their coach and documented in their personal log books	Copy of log book
9.	Athletes attend Sports Science sessions, which include nutrition, physiology, psychology, physiotherapy and strength and conditioning	Proof of attendance
10.	Club and its coaches demonstrate a commitment to supporting National Programme initiatives (Regional Training centres, National Seminars)	Proof of attendance Proof of communication
11.	Athletes, coaches and parents can access an education programme on the implications of medical and doping issues and lifestyle management	Outline of procedure Proof of communication
12	Individualised training for elite WC athletes is made available as agreed with National Performance Director.	Copy of programme
13	Athletes attend Synchronised training camps as required by the	Proof of divers attendance

No.	Element	Evidence
	World Class	
14	Athletes attend x 2 Domestic Events and x 3 International events per year	Proof of attendance Copy of Competition Calendar
15	Coaches attend WC Diving Seminars and training sessions	Proof of attendance Copy of register
16	Club maintains links with a local sports injury clinic or physiotherapist as well as EIS support	Proof of Link
17	Club maintains at least 4 athletes who access WC Programmes (Talent, Junior Development, Podium)	Proof of selection on Programme

Notes: All elements within this module must score 2 points each with the exception of elements 1 & 2, see below.

AP – *this element may score 1 at the point of accreditation subject to inclusion within the Club Improvement Plan and should be achieved within the agreed timescale.*