



COVID-19 UPDATES

DPC continues to monitor the rapidly changing landscape related to COVID-19. Much of our information has come from the Government of Canada, the Sport Medicine Advisory Committee that has been set up by Own the Podium, the International Olympic Committee (IOC) as well as FINA - all of whom are following the World Health Organization's lead on appropriate actions and precautionary measures.

CANCELLATION OF 2020 DIVING SEASON

During this time of isolation and facility closures, the national office, the DPC board of directors and the provincial sections have been keeping connected through weekly teleconferences. During the most recent call, Diving Plongeon Canada and the provincial sections made the decision to **cancel the remainder of the 2020 competition season, including all national qualifying events and the junior national championships.**

We have not yet ruled out the possibility of holding a summer senior national championship. This decision depends primarily on when conventional training can resume, the assessed needs of our senior athletes and the importance of competing in a national level competition prior to the start of the 2020-21 season.

The following are some of the issues considered in making this decision:

- the uncertainty of when facilities will become available again,
- the amount of time it will take for the athletes to get back into diving shape – this is dependent on how long this isolation phase continues,
- the stress on the athletes to make their qualification points will take their focus away from getting back into diving shape,
- the needed postponement or cancellation of many qualification competitions.

As an alternative to a junior national championship, it is our intention to bring our diving community back together, towards the end of the summer, in a celebratory or festival-like environment open to athletes of all levels. More information to follow on this as we get a better sense of when and where such an event may take place. We trust that this will enable everyone to set their sights on doing all that is possible to get ready for the next season.

Guidelines for In-Home Training Activities

Given the current circumstances and the challenges we face in continuing to do all possible to further your diving, many of you are participating in Diving Canada's virtual (online) training as well as in other in-home training initiatives. We've been asked by our insurance agency to provide a guideline of training activities that can be safely undertaken and to highlight some of the things we don't support.

We provide you with the following general summary of exercises that we recommend, however, it is not possible to provide an exhaustive list and all exclusions. Please recognize that there will always be some inherent risk as one pushes their limits and we urge you to exercise caution and good judgement in all your training activities.

Environment

It is essential that all training be undertaken in an environment conducive to physical conditioning, jumping and some acrobatics. This should include:

- Enough ceiling height for the exercises you will perform,
- Ensure adequate distance from obstructions,
- Use appropriately padded exercise surface such as yoga mats, fold-out gymnastics mats or similarly padded alternative.

SUPPORTED ACTIVITIES

1. General Conditioning

- Use of home aerobic equipment such as stationary bicycle, elliptical trainer or other specialized aerobic equipment
- Other aerobic exercises including running/jumping in place, dance, skipping etc.

2. Flexibility

- Isometric flexibility exercises
- Controlled ballistic stretching (as may have been done in conventional workout environment prior to shut down)

3. Body-weight Resistance

- Squats, push-ups (all varieties), dips etc.

4. Home Resistance Equipment

- Medicine ball work
- Stretch cords
- Dumbbells, Kettlebells
- Home-made resistance training alternatives (i.e. sandbags etc.)
- Home-gym equipment - bench press, Universal-style gyms, etc.

5. Plyometric Exercises

- Squat jumps
- Broad jumps
- Rebound jumps (height 0.6m or less)
- Other

6. Core/Abdominal

- All varieties common in diving training

7. Technical

- Simulations
- Hurdles
- Kick-outs
- Twisting
- Entries
- Take-offs
- Back takeoffs
- Platform takeoffs
- Somersault take-offs all directions

8. Acrobatics

- Somersaults

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- For athletes in B-Group and older
- Ensure appropriate take-off surface
- Only perform directions and positions that did NOT require coach hand-spotting or supervision in conventional training environment
- Using appropriate landing surface
- Fwd 3/4 somersaults
 - If appropriate soft landing is used
- Handstands

9. Other

- Ballet
- Yoga
- Pilates

ACTIVITIES NOT SUPPORTED

1. Trampoline
2. Dryboard

Small Group In-Person Workouts – Insurance Implications

For any members who are currently training in person in small groups (at a private gym, for example), DPC has been advised that insurance companies cannot support or cover small group training of any kind until we are past the current Covid-19 measures.

All face-to-face training should be discontinued until we are advised by health and government authorities that it is safe to do so.

Reminder – Online Training for Diving Community

Monday/Wednesday/Friday (diving specific) and Tuesday/Thursday (non-diving specific) at **1PM EST**.

Available on [Facebook](#) and via [Livestream](#).

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