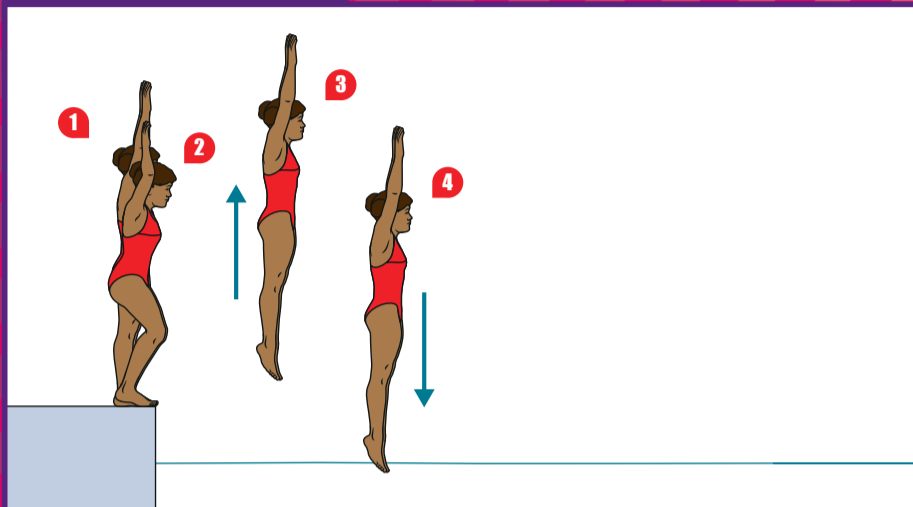


Diving Award 1

Complete all six outcomes to receive Diving Award 1

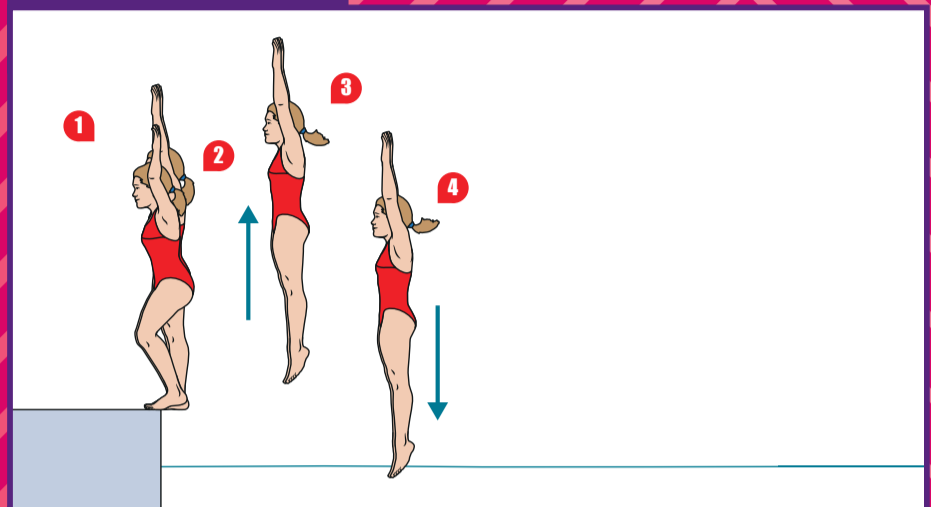


Outcome 1



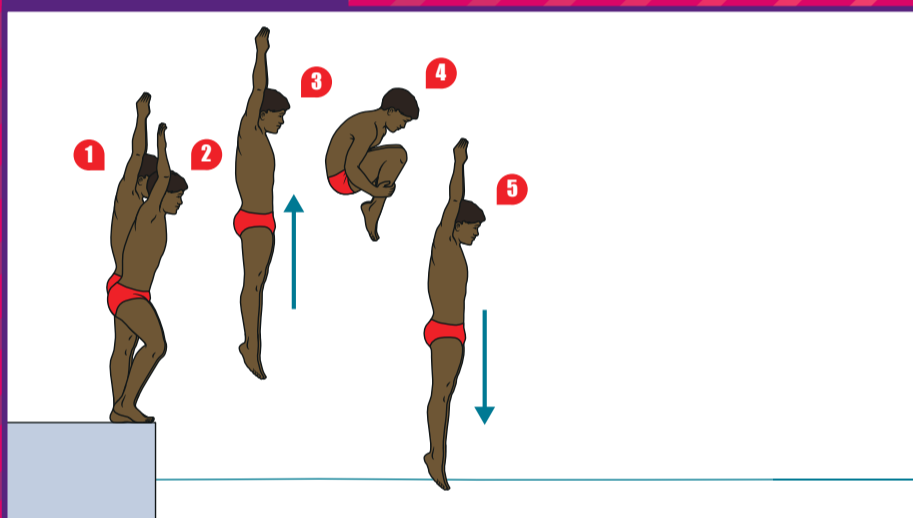
Forward jump straight from poolside

Outcome 2



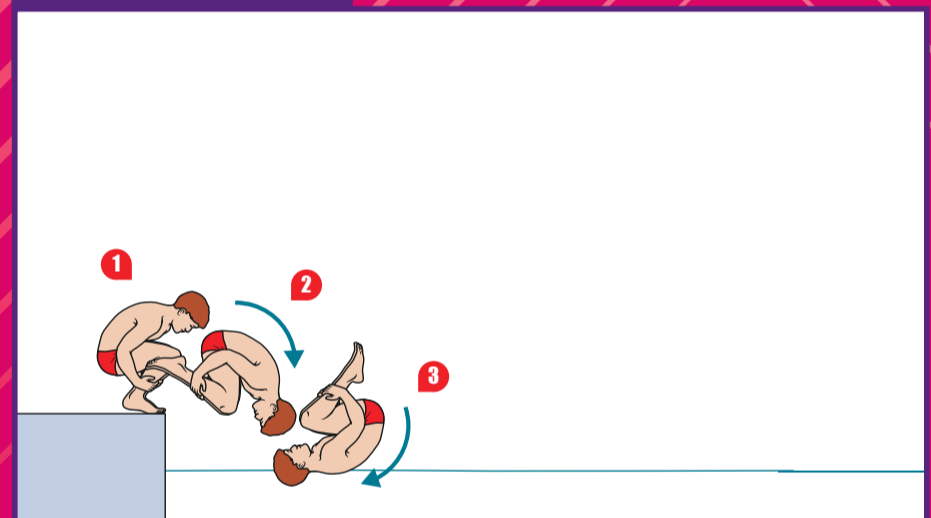
Back jump straight from poolside

Outcome 3



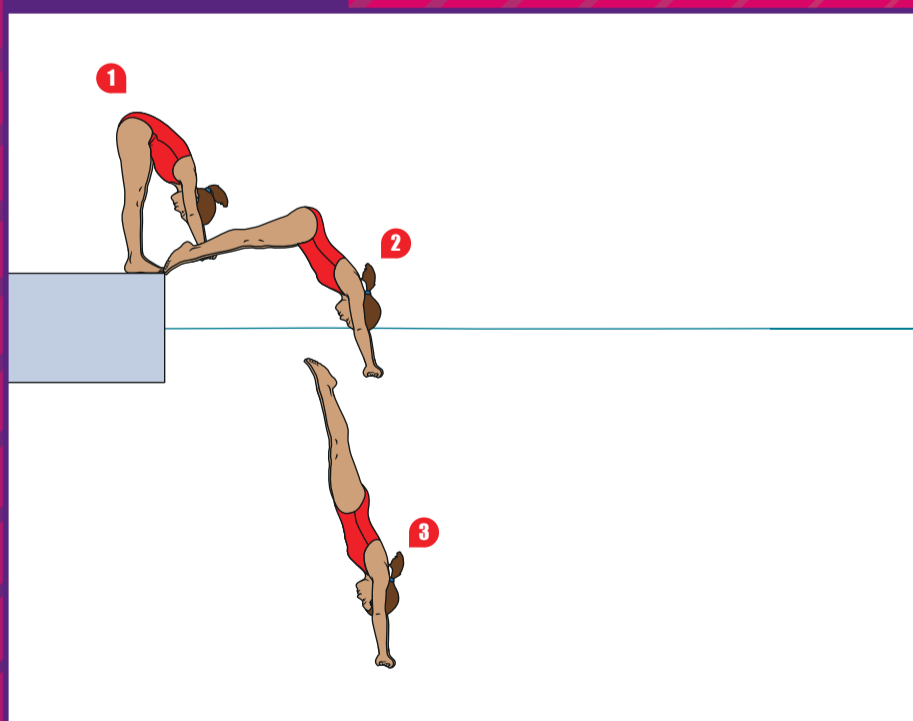
Forward jump tuck from poolside

Outcome 4



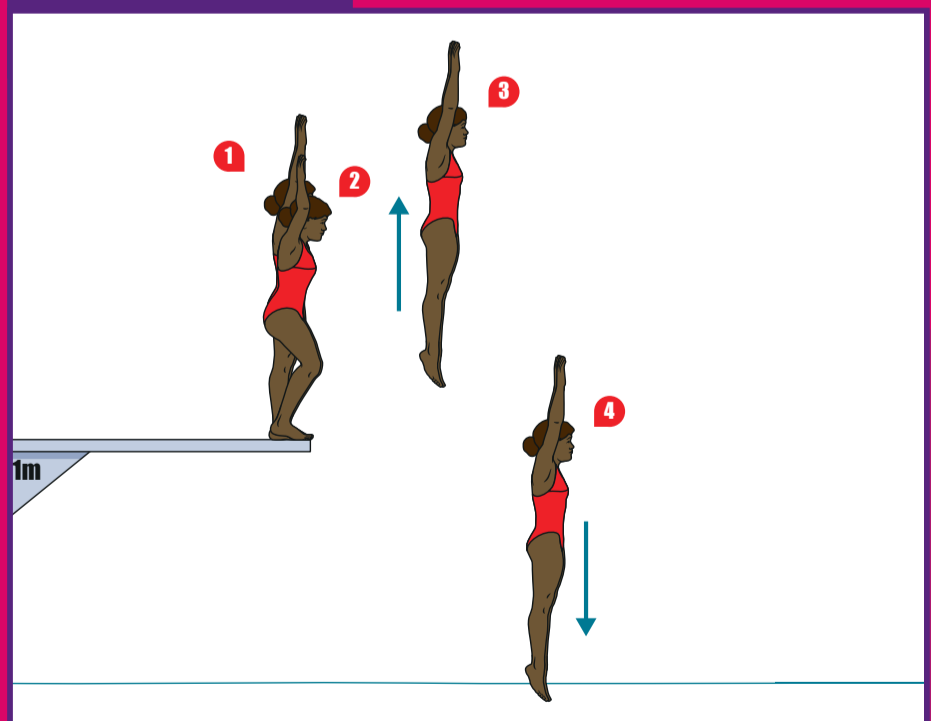
Forward tuck roll from poolside

Outcome 5



Forward pike fall from poolside

Outcome 6



Forward jump straight from 1 metre

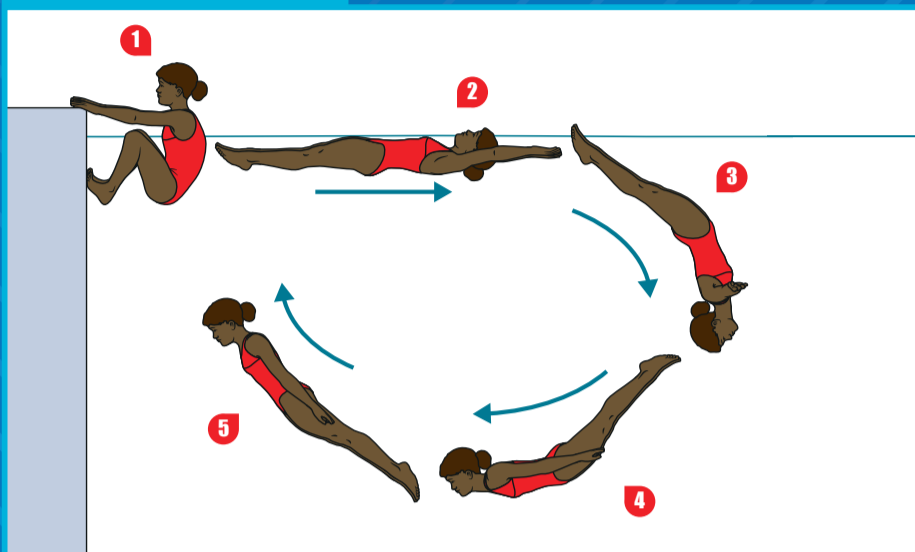


Diving Award 2

Complete all seven outcomes to receive Diving Award 2

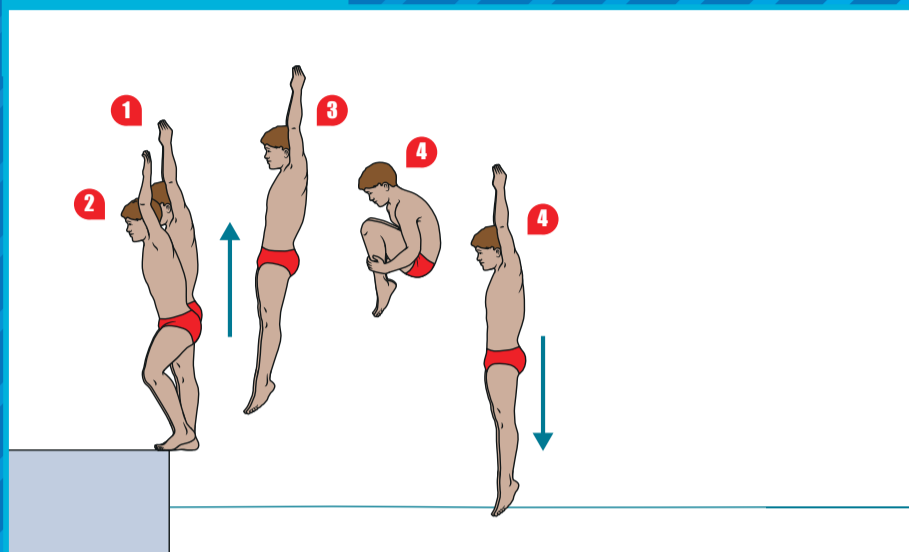


Outcome 1



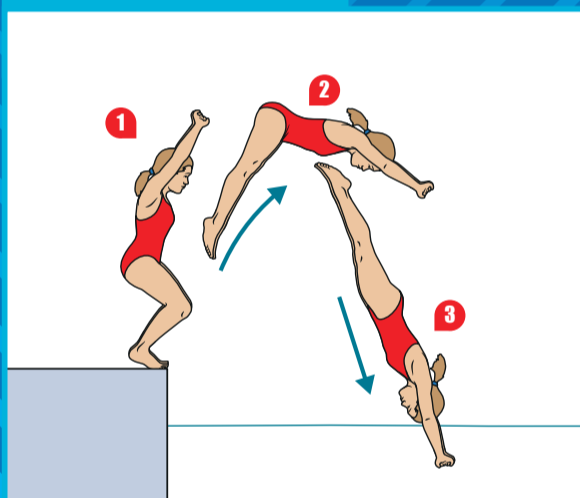
Back push and glide into back circle from poolside

Outcome 2



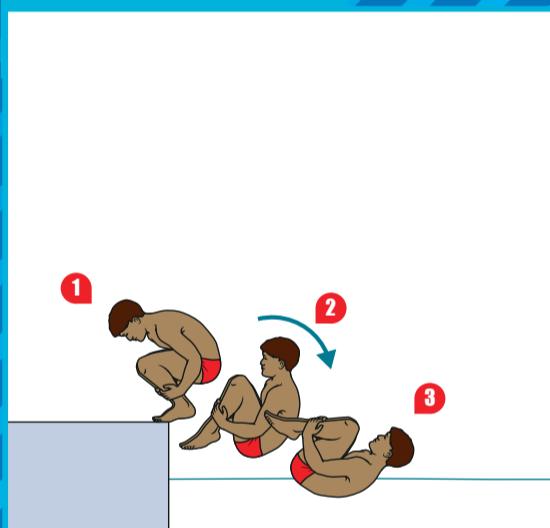
Back jump tuck from poolside

Outcome 3



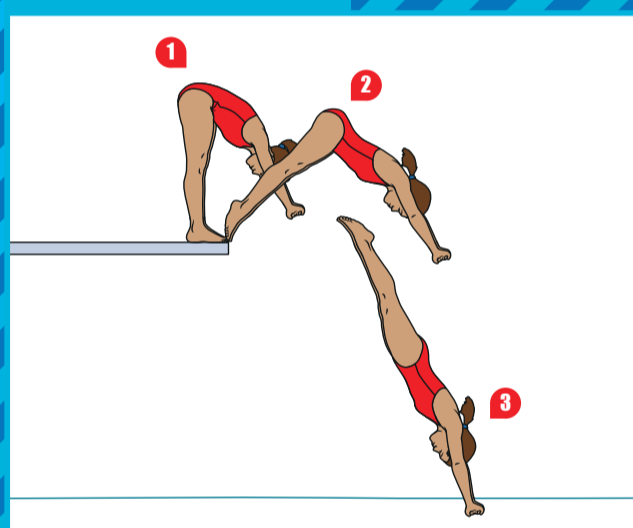
Forward dive crouched from poolside

Outcome 4



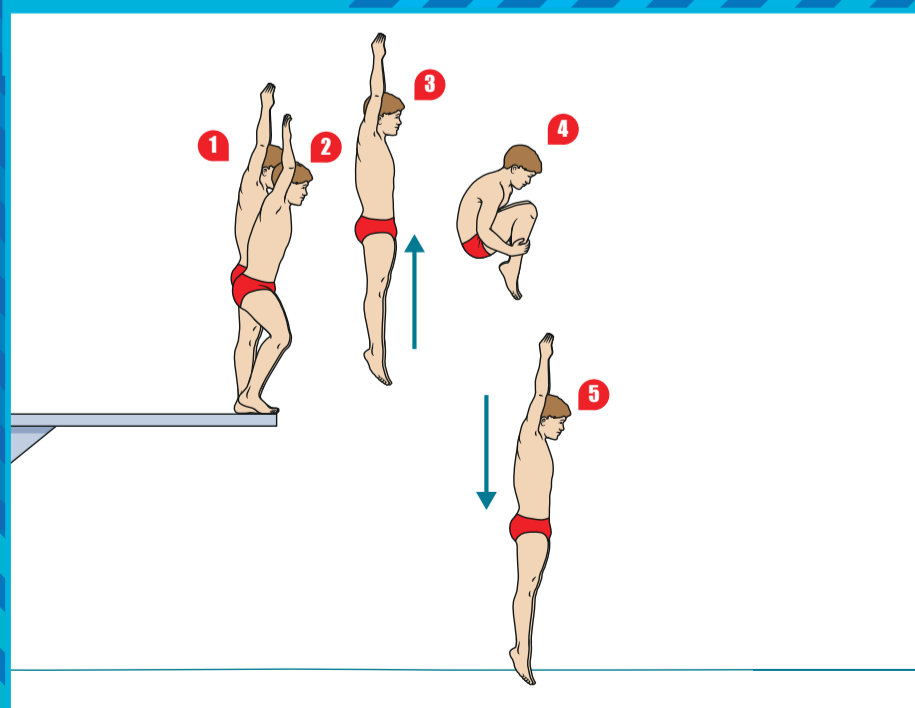
Back tuck roll from poolside

Outcome 5



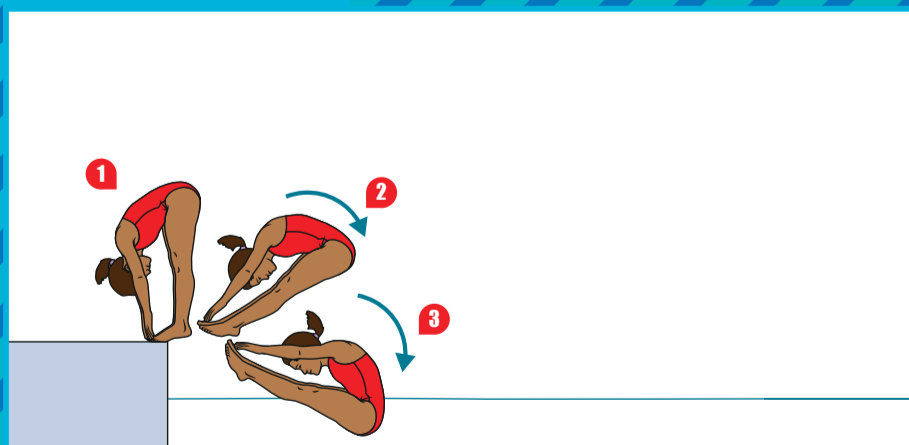
Forward pike fall from 1 metre

Outcome 6



Forward jump tuck from 1 metre

Outcome 7



Back pike roll from poolside

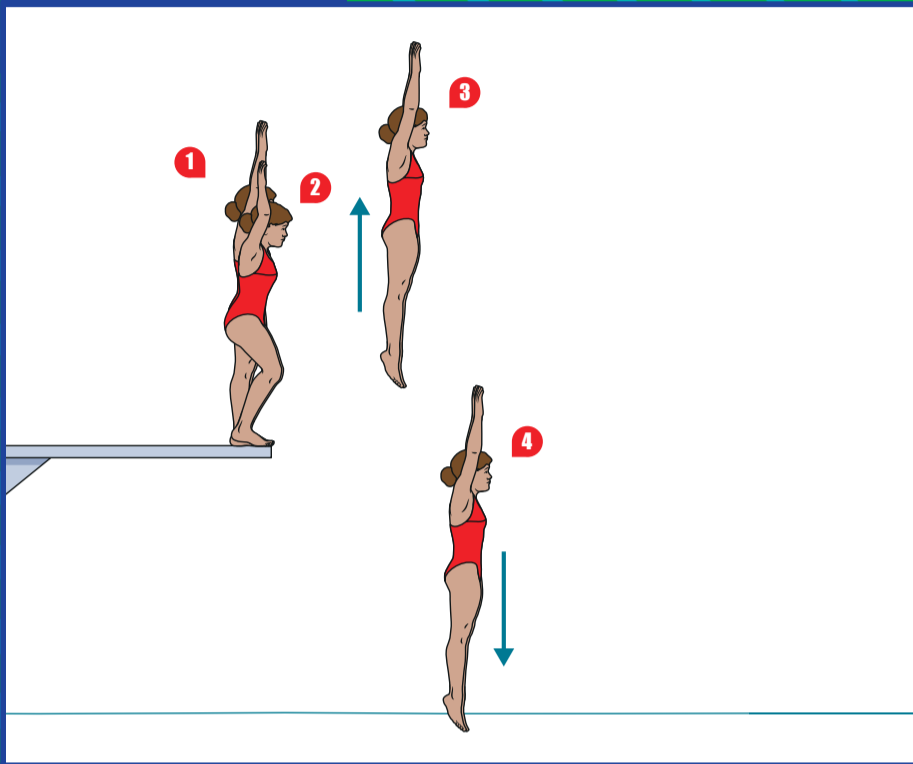


Diving Award 3

Complete all seven outcomes to receive Diving Award 3

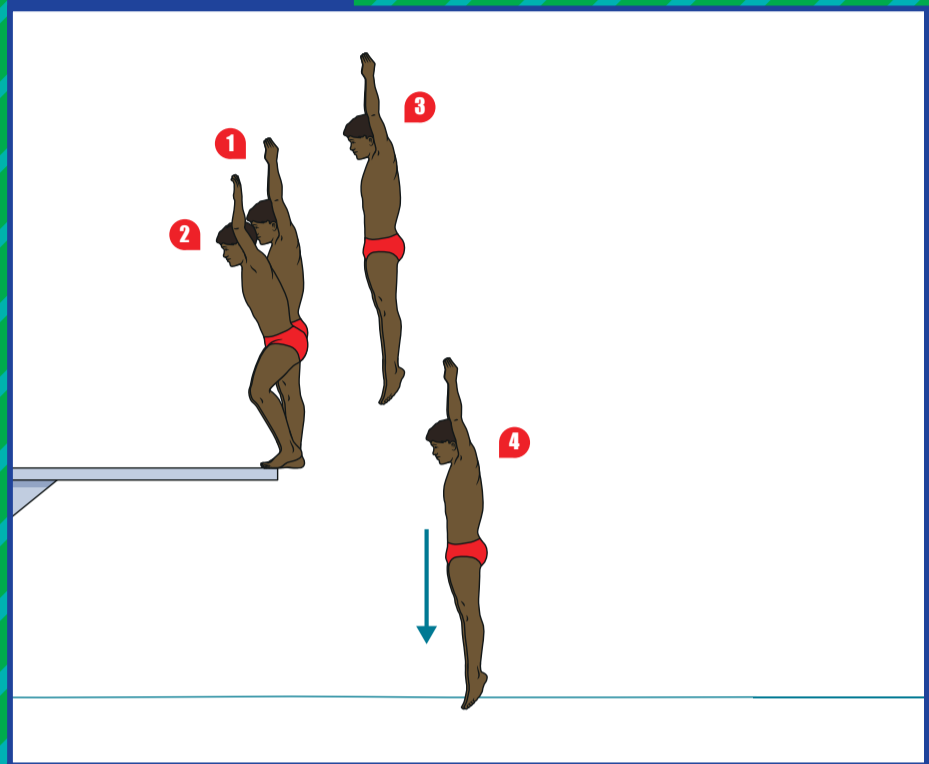


Outcome 1



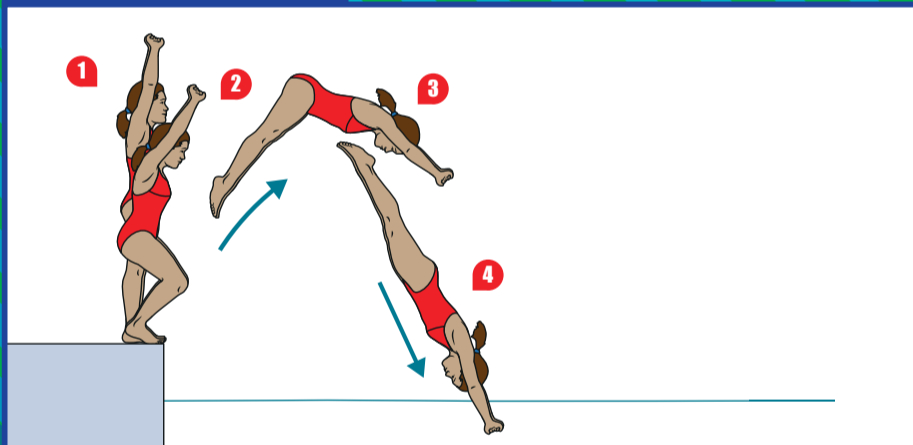
Forward jump straight from 3 metres

Outcome 2



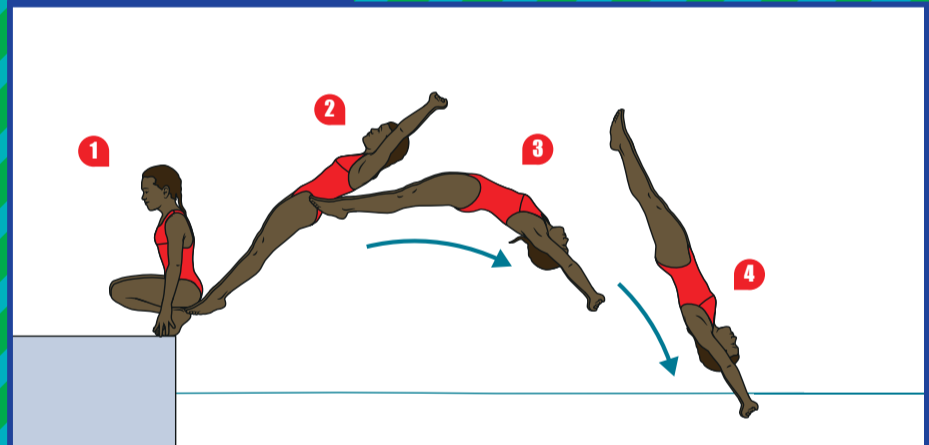
Back jump straight from 1 metre

Outcome 3



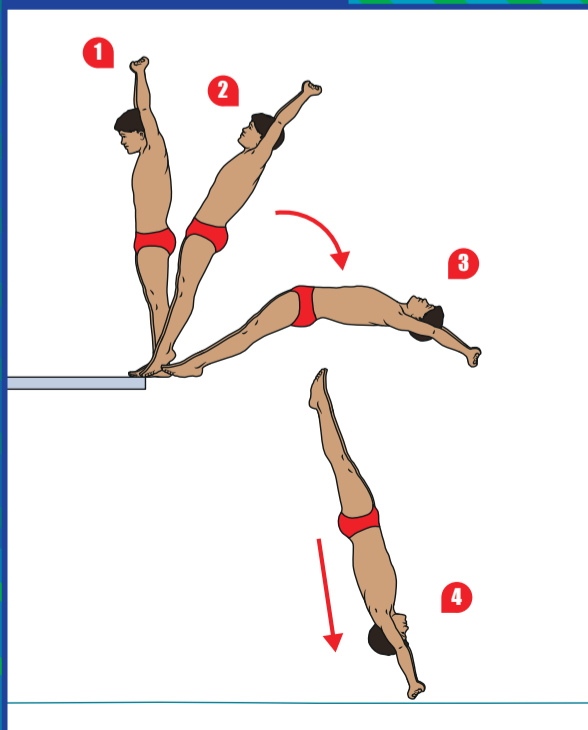
Forward dive straight from poolside

Outcome 4



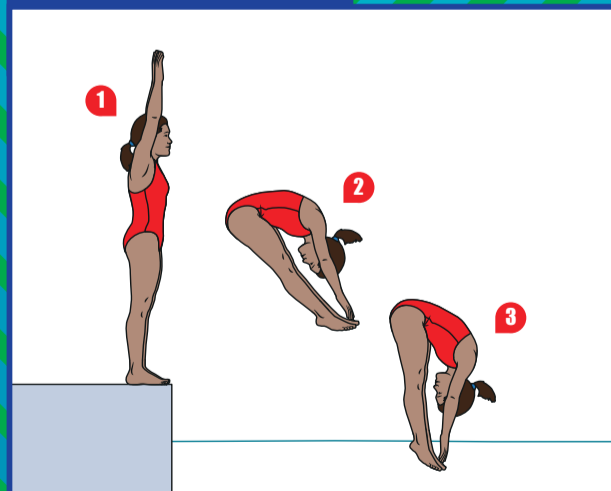
Back dive crouched from poolside

Outcome 5



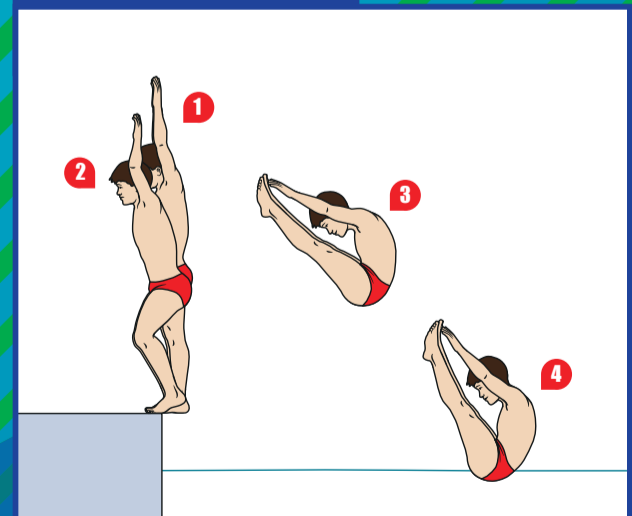
Back fall straight from 1 metre

Outcome 6



Forward pike wedge from poolside

Outcome 7



Back pike sit from poolside

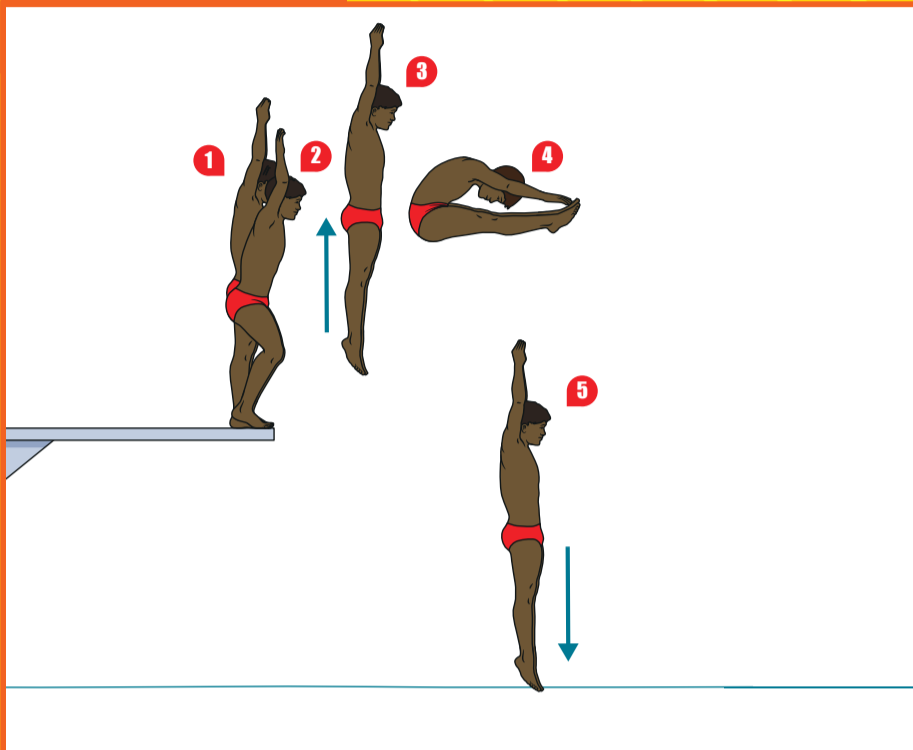


Diving Award 4

Complete all seven outcomes to receive Diving Award 4

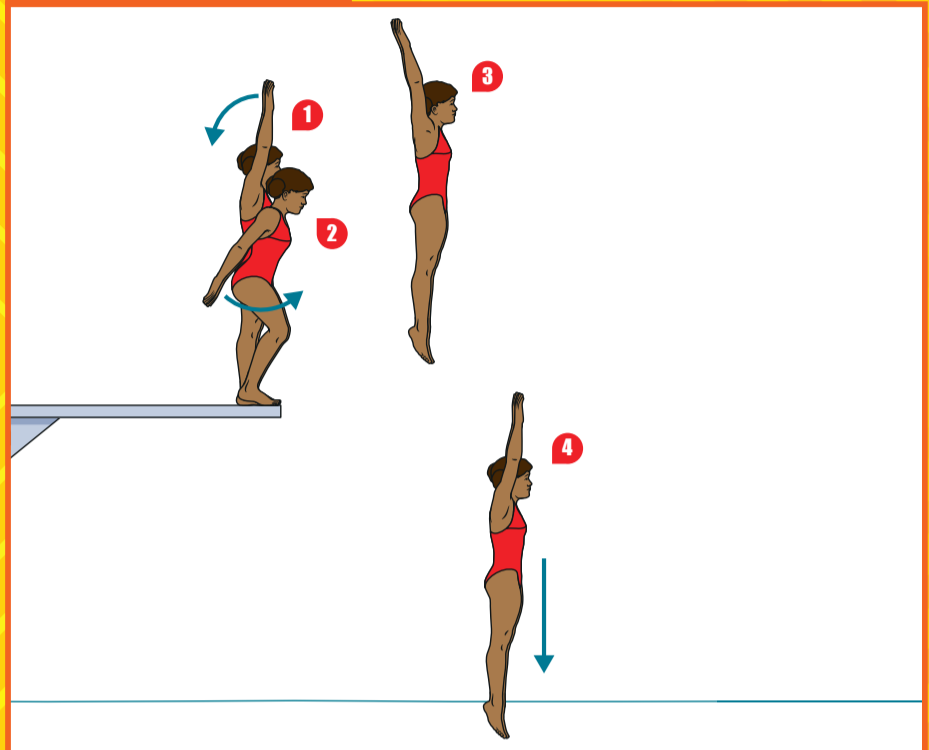


Outcome 1



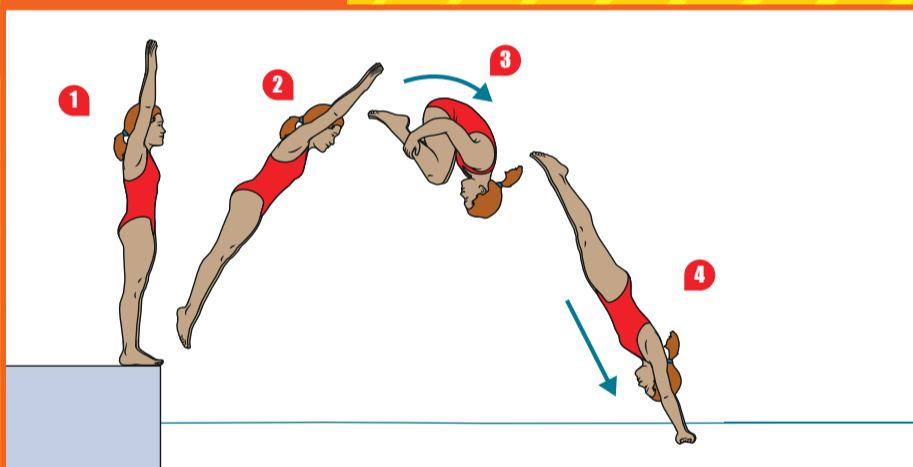
Forward jump pike from 1 metre

Outcome 2



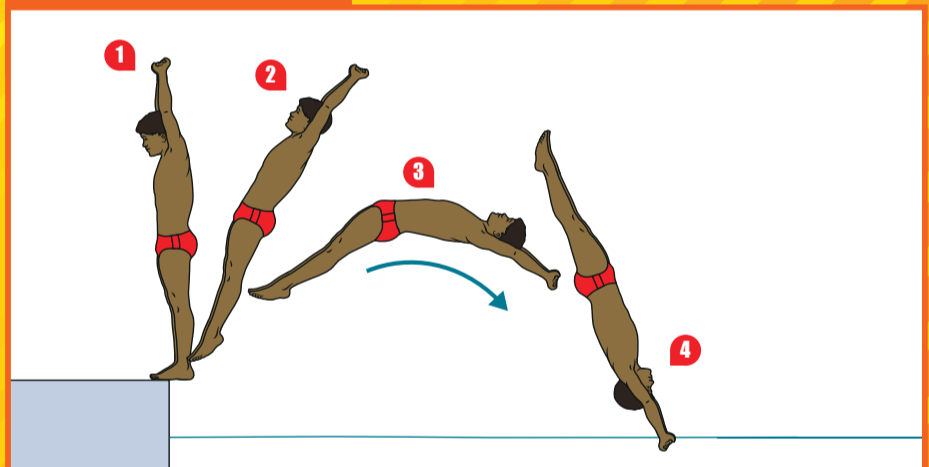
Armswing forward jump straight from 1 metre

Outcome 3



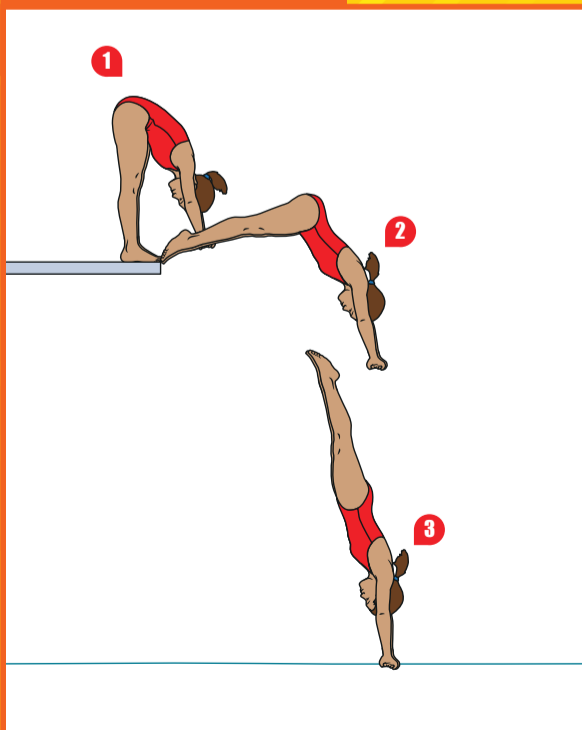
Forward dive tuck from poolside

Outcome 4



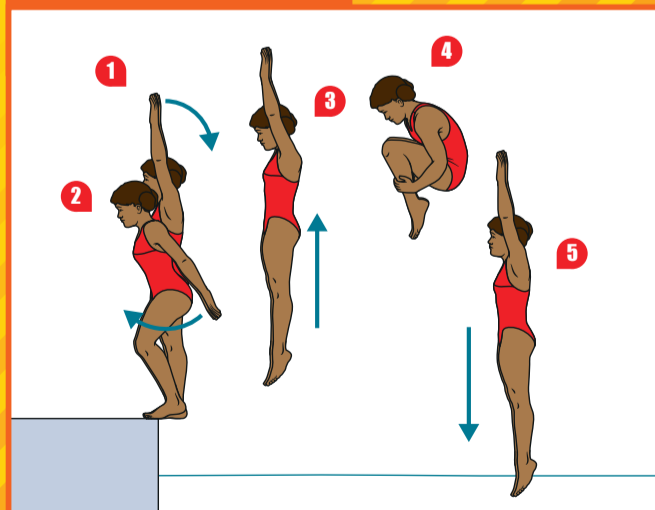
Back dive straight from poolside

Outcome 5



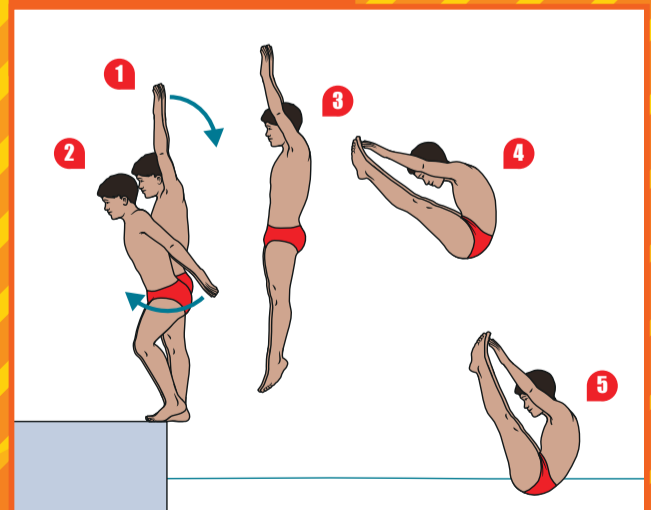
Forward pike fall from 3 metres

Outcome 6



Armswing back jump tuck from poolside

Outcome 7



Armswing back pike sit from poolside

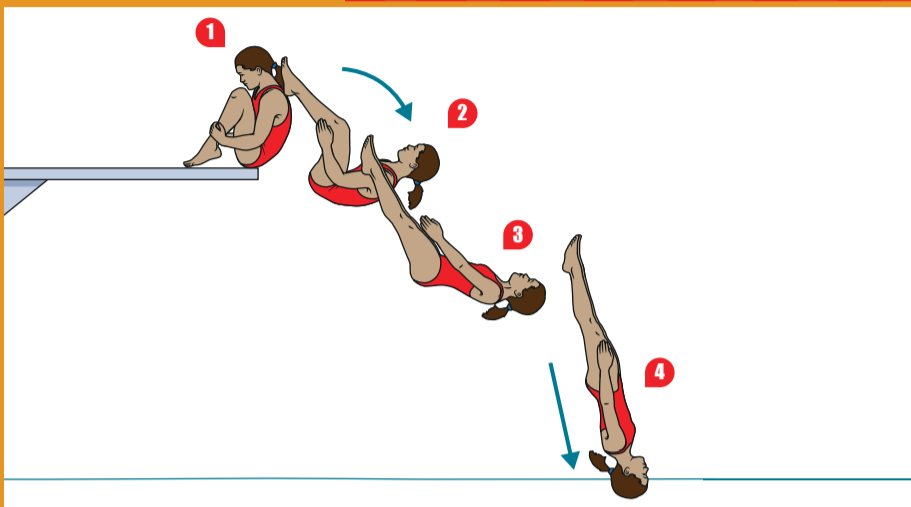


Diving Award 5

Complete all seven outcomes to receive Diving Award 5

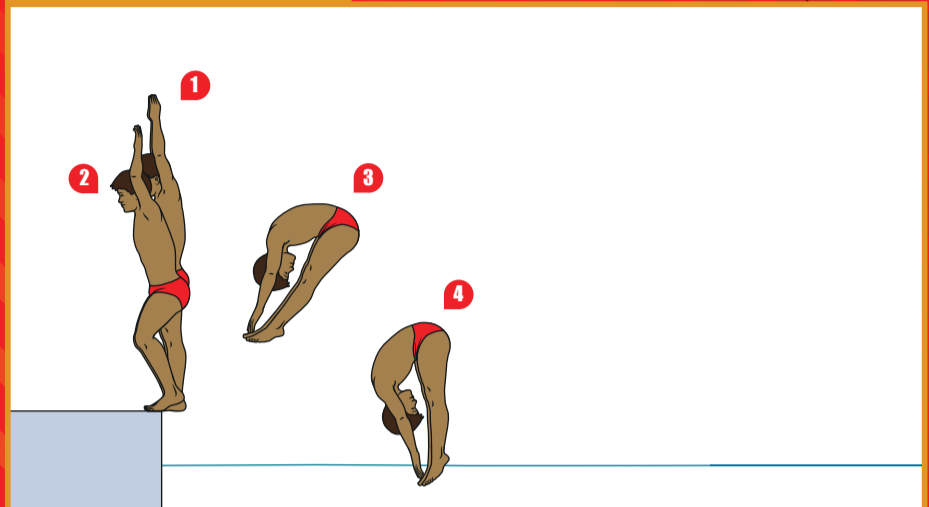


Outcome 1



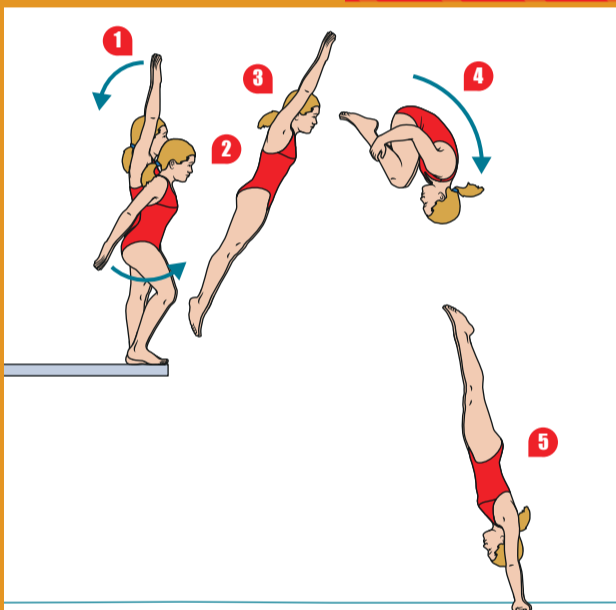
Back tuck roll from 1 metre

Outcome 2



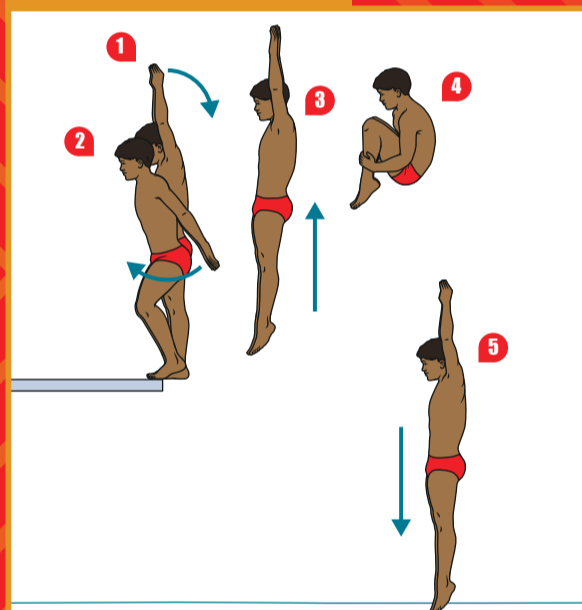
Inward pike wedge from poolside

Outcome 3



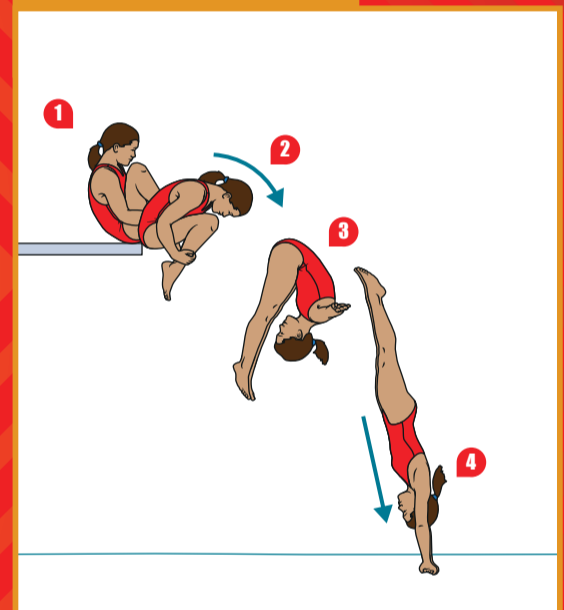
Armswing forward dive tuck from 1 metre

Outcome 4



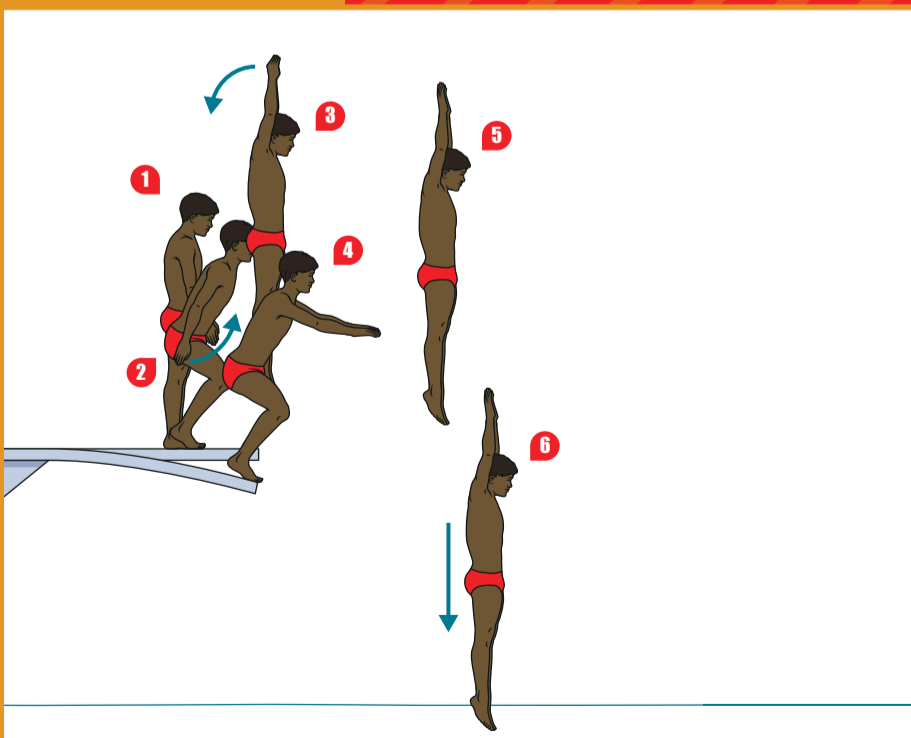
Armswing back jump tuck from 3 metres

Outcome 5



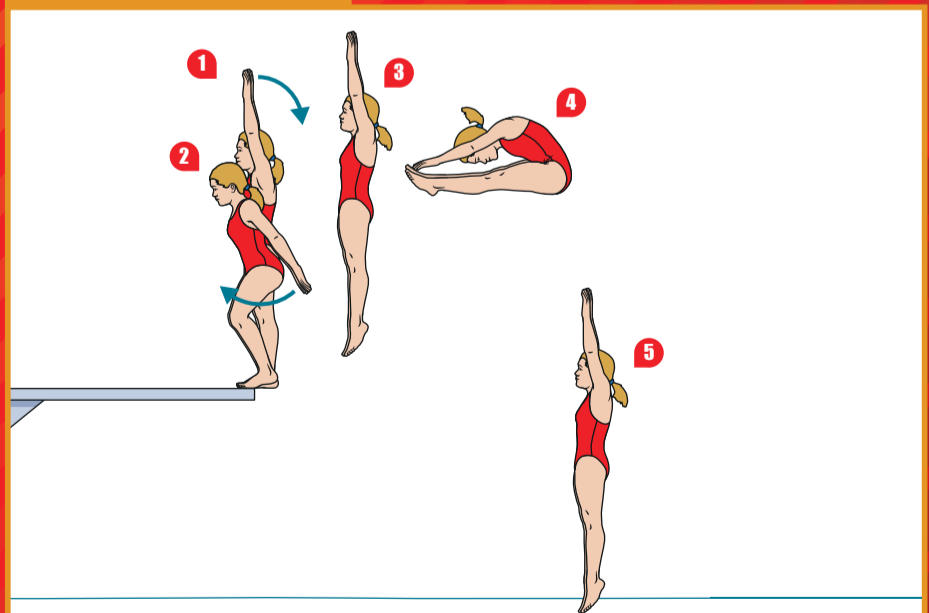
Sitting forward tuck roll from 3 metres

Outcome 6



Board timing - bouncing forward jump straight from 1 metre

Outcome 7



Armswing back jump pike from 1 metre

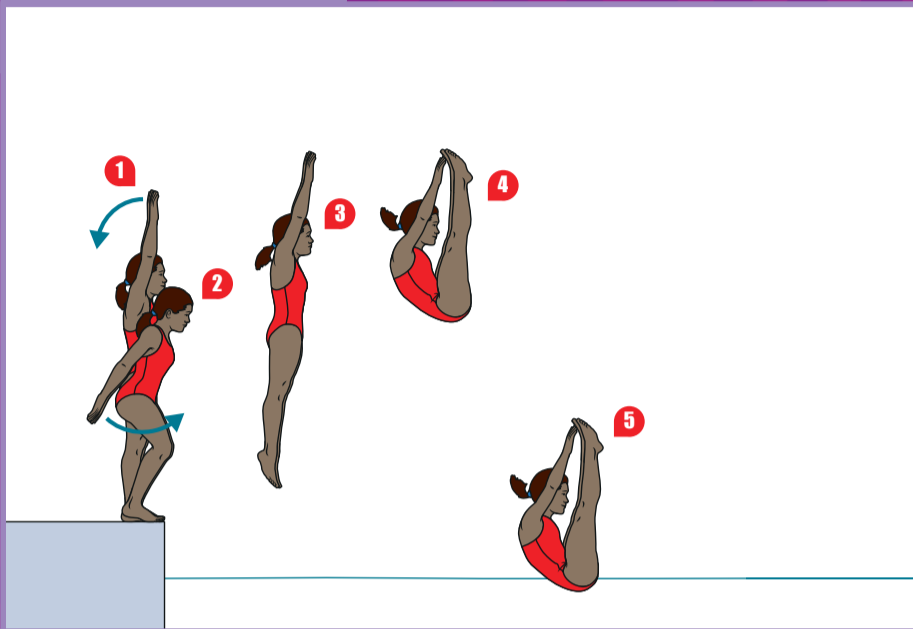


Diving Award 6

Complete all seven outcomes to receive Diving Award 6

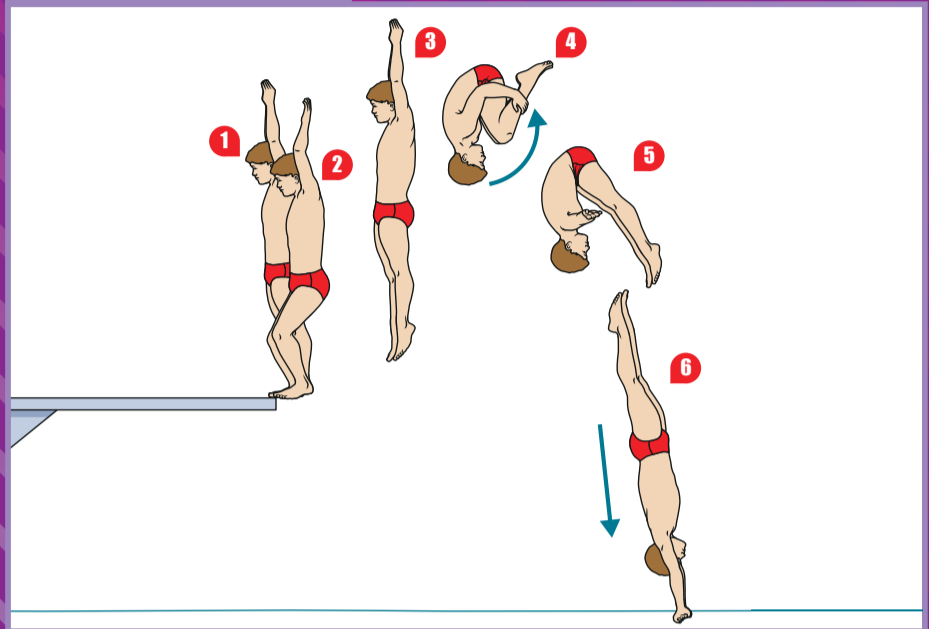


Outcome 1



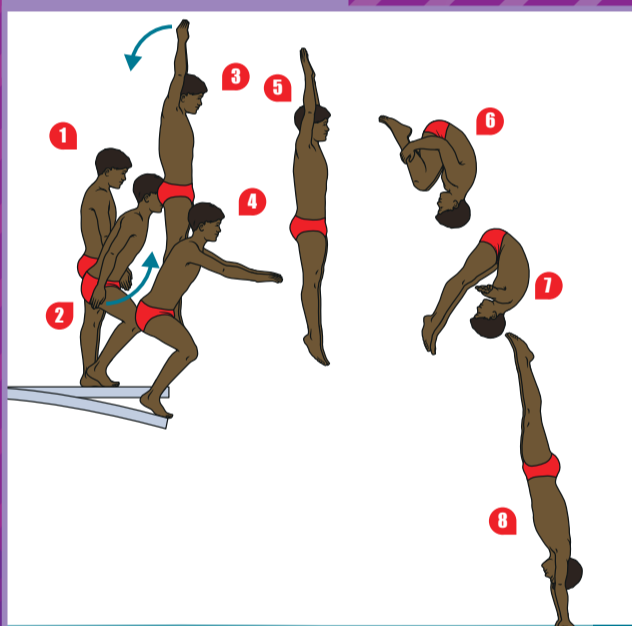
Armswing reverse pike sit from poolside

Outcome 2



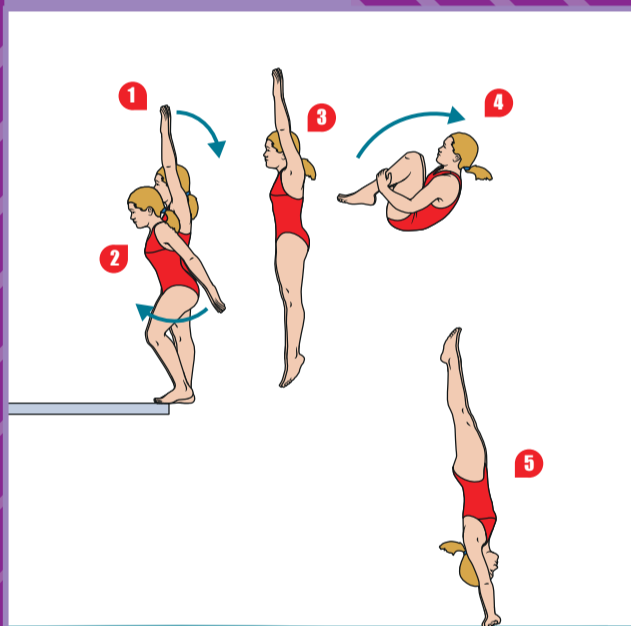
Inward dive tuck from 1 metre

Outcome 3



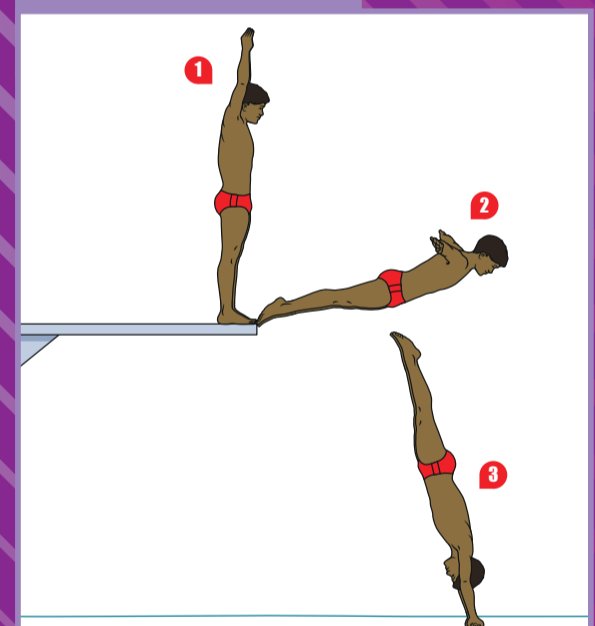
Bouncing forward dive tuck from 1 metre

Outcome 4



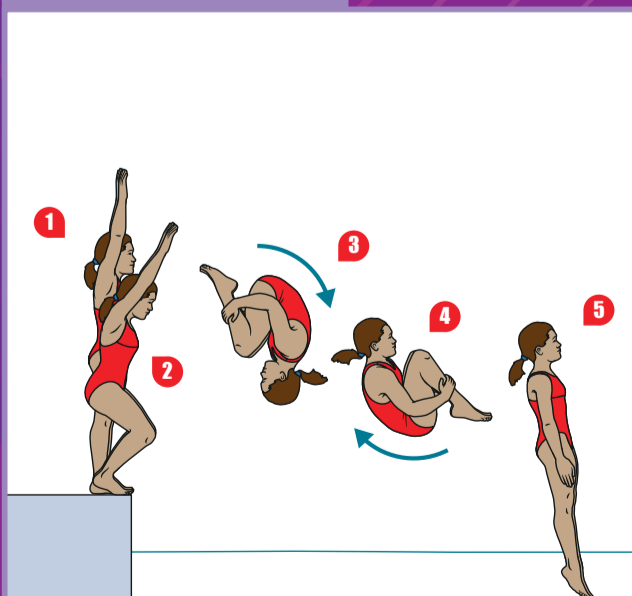
Armswing back dive tuck from 1 metre

Outcome 5



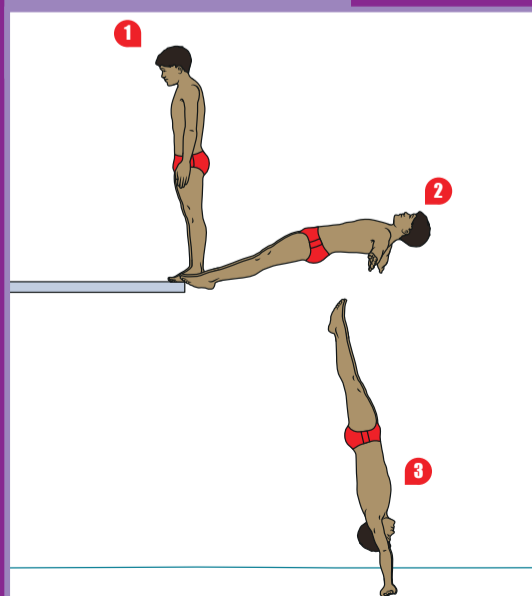
Forward straight fall from 3 metres

Outcome 6



Forward somersault tuck from poolside

Outcome 7



Back fall straight from 3 metres

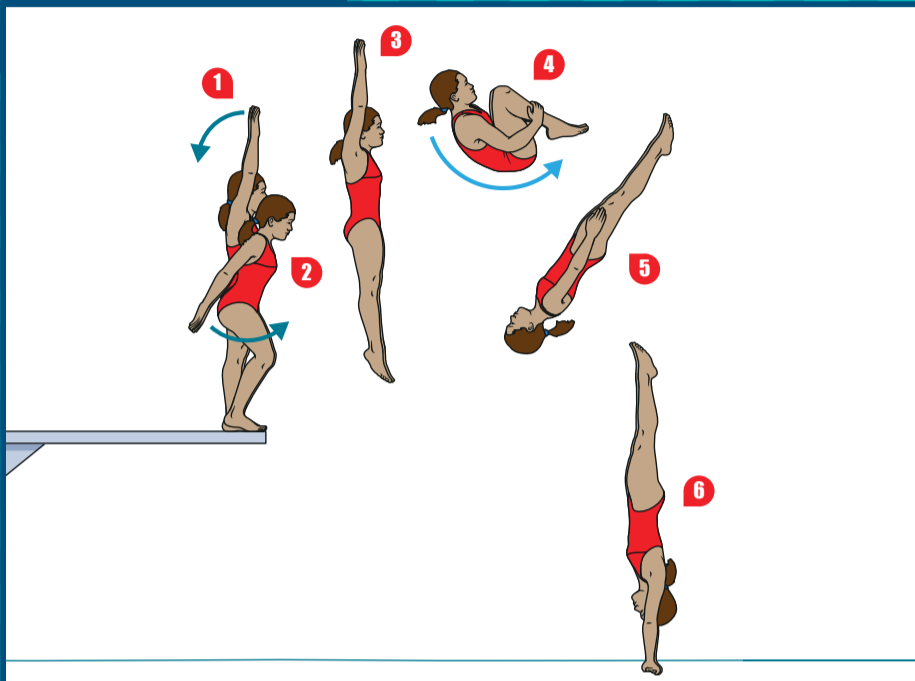


Diving Award 7

Complete all seven outcomes to receive Diving Award 7

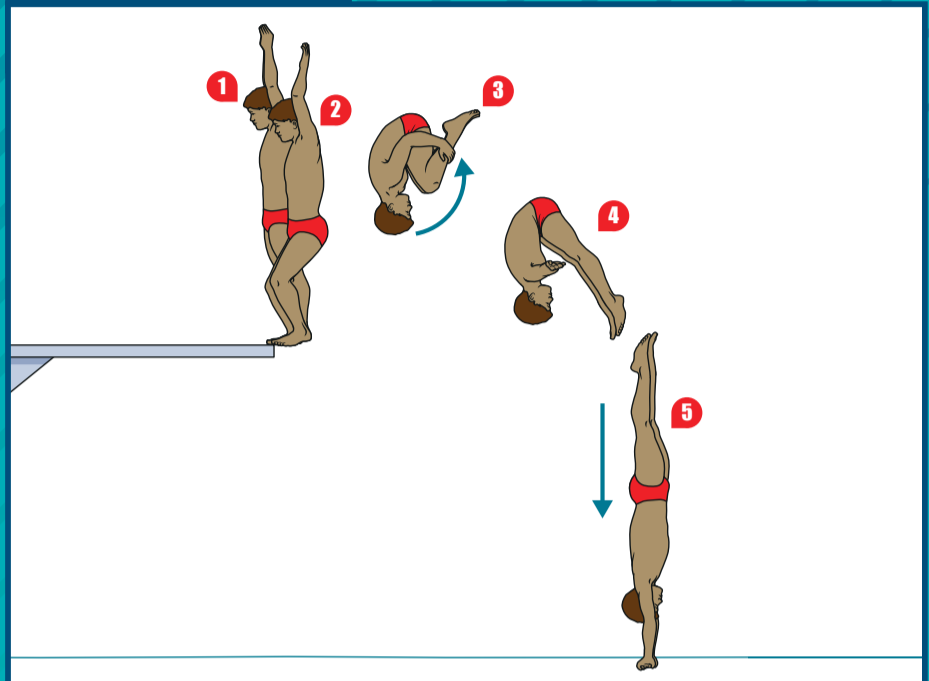


Outcome 1



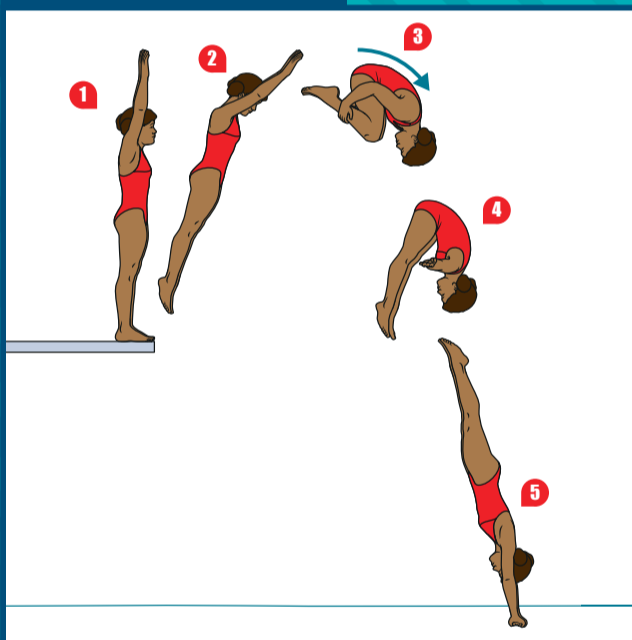
Armswing reverse dive tuck from 1 metre

Outcome 2



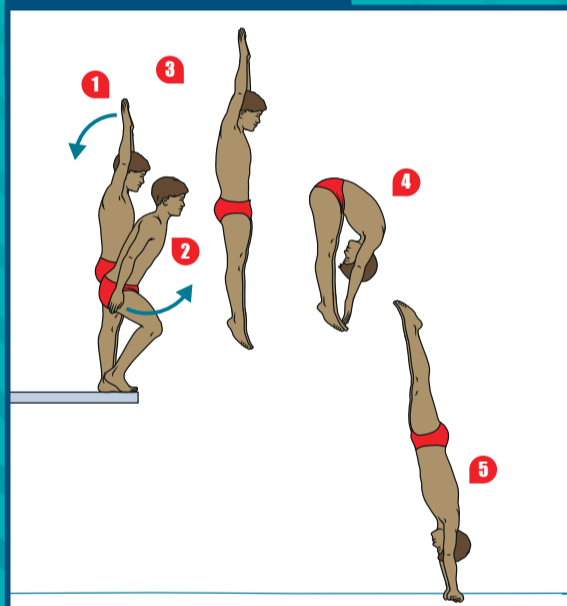
Inward dive tuck from 3 metres

Outcome 3



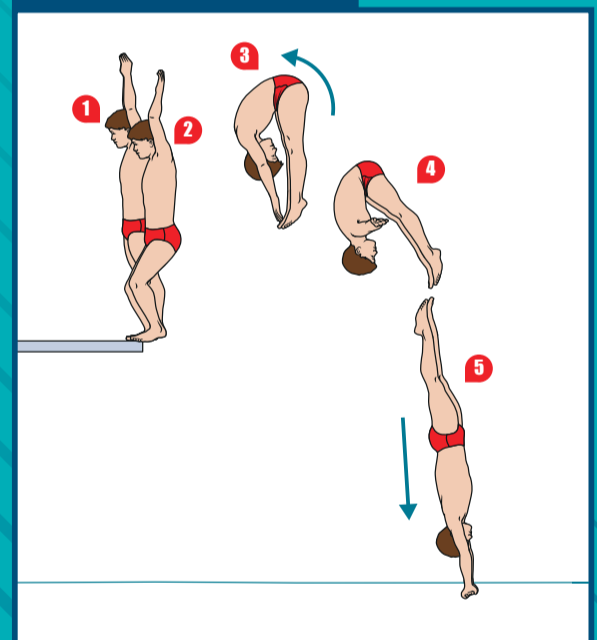
Forward dive tuck from 3 metres

Outcome 4



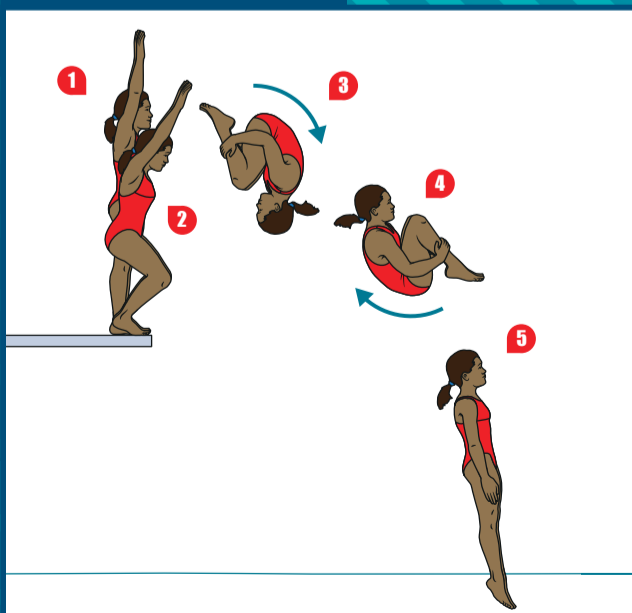
Armswing forward dive pike from 1 metre

Outcome 5



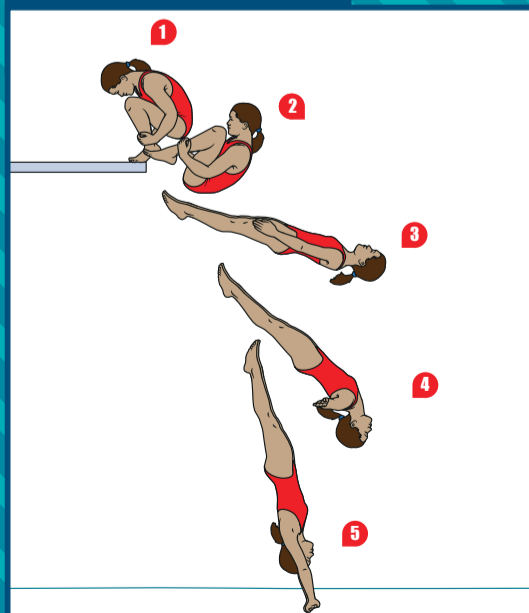
Inward dive pike from 1 metre

Outcome 6



Forward somersault tuck from 1 metre

Outcome 7



Back tuck roll from 3 metres

