



City of Spokane Valley Parks & Recreation Department

Diving Board Rules

Park Road, Terrace View and Valley Mission Pools

1. One person on the diving board at a time.
2. One bounce only. Jump or dive straight off the board and swim quickly out of the area.
3. Patrons must face forward when going off the diving board.
4. Wait until entire area is clear before diving or jumping.
5. NO spotting or catching people from the diving board.
6. No hanging on the end of the diving board.
7. Weight limit: 250 lbs.
8. Front Flips are allowed.
9. Gainers/Reverses, inward dives, seat drops, handstands, and cartwheels off the board are not allowed.
10. No toys or objects are to be taken off the diving board or thrown to a patron who is going off the board.
11. No swinging on the ladder or diving board.
12. No running on diving board.
