



Diving

Exertion Phase	Cardio	Balance/Strength	Sports Drills
Phase 1 15-20 minutes	<ul style="list-style-type: none"> • Walking Outside • Treadmill Walking • Stationary Bike • Arm Bike 	<ul style="list-style-type: none"> • Single leg balance • Tandem Stance <ul style="list-style-type: none"> - (One foot in front of the other) • Neck Strengthening 	<ul style="list-style-type: none"> • Light Stretching • May walk during practice or PE class
Phase 2 20-30 Minutes	<ul style="list-style-type: none"> • Walking <ul style="list-style-type: none"> - Speed/Uphill • Elliptical • Stairmaster • Swim with kick board • Light Jump rope • Light Jogging 	<ul style="list-style-type: none"> • Core exercises <ul style="list-style-type: none"> - Minimize head movements Planks, leg lifts • Body Weight exercises <ul style="list-style-type: none"> - Lunges, squats, push-ups, step-ups, tricep dips • Yoga and Pilates <ul style="list-style-type: none"> - Minimize head movements • Balance Exercises 	<ul style="list-style-type: none"> • Activities without risk of contact or collision • No activities with multiple balls in the air • Examples: <ul style="list-style-type: none"> - Stretching to maintain flexibility
Phase 3 30-40 Minutes	<ul style="list-style-type: none"> • Running and Sprinting • Footwork and cutting • Jumping 	<ul style="list-style-type: none"> • Core exercise with head movement <ul style="list-style-type: none"> - Bicycle crunches, planks with head rotation • Low weight high repetition lifting • Squats, curls, bench press, lunges • Dynamic warm up <ul style="list-style-type: none"> - Jogging, high knees • Jumping exercises <ul style="list-style-type: none"> - Squat jumps, jumping jacks, box jumps • Balance exercises <ul style="list-style-type: none"> - Single leg balance with forward reach to floor 	<ul style="list-style-type: none"> • No head first diving • Examples: <ul style="list-style-type: none"> - Jump in feet first - Handstands and cartwheels on dry land - Forward and backward rolls in the water - Bounce on 1 meter board and jump feet first in the pool - Trampoline with safety belt

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<p>Phase 4</p> <p>40-60 Minutes</p>	<ul style="list-style-type: none"> Continue Phase 3 Cardio while increasing duration 	<ul style="list-style-type: none"> Advanced core exercises <ul style="list-style-type: none"> Burpees, mountain climbers Higher weight lower repetition lifting Continue Balance Exercises 	<ul style="list-style-type: none"> Start with forward dive into water from side of the pool Progress to forward dives from 1 meter board <ul style="list-style-type: none"> Stationary dives then Bouncing drives Start with non-rotational dives and progress to twisting dives Finally advance complexity
<p>Phase 5</p> <p>> 60 minutes</p>	<ul style="list-style-type: none"> Full practice participation without restrictions 	<ul style="list-style-type: none"> Full practice participation without restrictions 	<ul style="list-style-type: none"> Advance to 3 meter board following the same protocol as Phase 4. Advance to platform if 1 and 3 meter diving without return of symptoms.

If headache, dizziness, or any other symptom occurs during the progression, stop exercising, wait 24 hours, then resume activity at the previous symptom free level.