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**From:** "Gwyn Staton" <gwynstaton1@msn.com>  
**Date:** Friday, February 08, 2013 11:51 AM  
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**Subject:** RE: American Red Cross Guideline

me too if someone might disobey and get hurt. Not worth the risk.

Gwyn Staton  
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From: TDahl@shorelinefire.com  
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 Date: Fri, 8 Feb 2013 08:58:12 -0800  
 Subject: RE: American Red Cross Guideline

While I generally support the concept of "shallowing" the deep end of the pool to facilitate repair and efficiency reasons; I agree with Ed, that if possible (and practical) that we should try to keep the deep end at 9 feet (or as deep as possible).

My \$.02,

Tim

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**From:** Ed Delahanty [mailto:whshed@live.com]  
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**Subject:** American Red Cross Guideline

Hi All,

I was concerned that decreasing the depth of the deep end of the pool might create a situation that could potentially increase the risk of spinal cord injury in the pool. A little research turned up this recommendation from a New York State Department of Health web site.

## Diving Safety Recommendations:

- The American Red Cross recommends a minimum of 9 feet of water depth for head first dives including dives from pool decks.
- Results for a comprehensive study of diving injuries are presented in "Diving Injuries: The Etiology of 486 Case Studies with Recommendations for Needed Action" edited by Dr. Alexander Gabrielsen, Ph.D., 1990, NOVA University Press.<sup>1</sup> A 13 member editorial panel of aquatic experts recommended:
  - Posting of appropriate warning signs which includes prohibition of diving in water depths less than 5 feet.
  - Proper supervision to control activities of swimmers/divers.
  - Public education in swimming and diving.
  - Improved regulations and standards for pool and beaches addressing design and operation issues.

I realize there could be a savings in operating costs if the pool deep end depth was reduced from it's current 10 feet by decreasing the required circulation capacity of the system and reduced sanitary chemical demand with the reduced volume of water.

But, since children and teens are the primary users of the pool and it's likely some of them will dive into the pool - even if it's prohibited - I'd like to suggest we keep the deep end depth at least within the American Red Cross guideline of 9 feet, so there is a designated area for safer diving - off the pool deck - to minimize as much as possible the risk of crippling spinal cord injuries in our pool.

Please consider this issue as options for pool refurbishment are evaluated.

Kind Regards,  
Ed.