



### Safety information for certificated scuba divers

The underwater environment is exciting and beautiful. It can however, be dangerous if you do not follow the instructions of your dive supervisor or instructor.

- Follow the instructions of your dive supervisor or instructor.
- Dive in buddy pairs or trios, staying close to each other.
- Regularly monitor your own and your dive buddies' air levels and the minimum air content required for safe return to the surface.
- If diving with a guide, dive supervisor or instructor, always stay close to them.
- Only dive to the depth to which you have been trained.
- Ask your dive supervisor for the dive plan, site conditions and about hazards before you dive.

You have the responsibility as a diver to dive safely and follow the instructions of the dive supervisor, instructor or dive excursion operator.

#### Please make sure you:

- identify the dive instructors, supervisors and lookouts and how they can help you
- take careful note of emergency procedures, such as recall, distress and rescue procedures, and the use of signalling devices.

#### Please take careful note of:

- depth of water
- visibility under the water
- currents under the water
- the underwater terrain
- the marine life in the area.

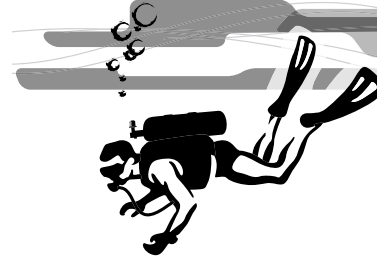
#### Please follow instruction on:

- how to enter and exit the boat
- how to enter and exit the water.

#### Depending on the type of dive being undertaken, your competency as a diver and the environmental conditions, your diving instructor or dive supervisor should advise you of the following.

- The risks of running out of air
- The risks to health and safety because of multiple dives in any 24 hour period or because of a series of dives over a number of days with inadequate surface intervals
- The risks to health and safety from nitrogen narcosis at depth and the need to move to shallower water if this occurs
- The need for safety stops when ascending on all dives
- The risks associated with flying or altitude exposure after diving
- The effects of dehydration after diving
- The risks associated with exertion after diving
- The risks associated with diving while ill

**Please talk to your dive instructor or supervisor if you have any questions.**



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## MEDICAL DECLARATION FOR RESORT DIVING

To be completed and signed by ALL scuba divers

FORM 26 (V2.06-04)

#### Personal details

Surname

Given Names

Address

Phone

Date of Birth

Sex

male

female

Have you suffered from, or do you now suffer from, any of the following-

	yes	no
1 Asthma or wheezing		
2 Brain, spinal cord or nervous disorder		
3 Chest surgery		
4 Chronic bronchitis or persistent chest complaint		
5 Chronic sinus conditions		
6 Collapsed lung (pneumothorax)		
7 Diabetes mellitus (sugar diabetes)		
8 Ear surgery		
9 Epilepsy		
10 Fainting, seizures or blackouts		
11 Heart disease of any kind		
12 Recurrent ear problems when flying		
13 Tuberculosis or other long-term lung disease		

Are you currently suffering from-

	yes	no
14 Breathlessness		
15 Chronic ear discharge or infection		
16 High blood pressure		
17 Other illness or operation within the last month		
18 Perforated eardrum		

	yes	no
19 Are you currently taking any medicine or drug (excluding oral contraceptives)?		
20 Have you ingested any alcohol within the 8 hours prior to diving?		
21 Are you pregnant?		
22 Do you understand that concealment of any condition incompatible with safe diving might put your life or health at risk?		

Signature:.....

Date / /

Witness:.....

Date / /