



Pax No.

**PERSONAL DETAILS**

Surname: \_\_\_\_\_ Given Names: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: Male / Female

- Following 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 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, instructors 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 the instruction on:

- How to enter and exit the boat
- How to enter and exit the water

Depending on the type of diving 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

**Have you ever 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  |     |    |
| 14 | Breathlessness  |     |    |
| 15 | Chronic ear discharge or infection  |     |    |
| 16 | High blood pressure   |     |    |
| 17 | Other illness or operation within the last month  |     |    |
| 18 | Perforated eardrum  |     |    |
| 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 wear contact lenses?   |     |    |
| 23 | <b>Are you flying within 12 hours?</b>  |     |    |
| 24 | <b>Do you understand that concealment of any condition incompatible with safe diving might put your life or health at risk?</b> |     |    |

Signature: ..... Date: / /

Witness: ..... Date: / /

| AGENCY | LEVEL | CERT. DATE | NO. DIVES | LAST DIVE | VERIFIED BY |
|--------|-------|------------|-----------|-----------|-------------|
|        |       |            |           |           |             |

# Safety information for snorkellers

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

- If you cannot swim or have not snorkelled before or have any concern, talk to your snorkelling supervisor or snorkelling guide before entering the water.
- Be aware that snorkelling can be a strenuous physical activity even in calm water.
- Flotation devices are available for you to use.
- Follow the instructions of you snorkelling supervisors and lookouts.
- Snorkel in buddy pairs.
- Always stay in an area which allows your supervisor or instructor to offer close supervision.
- To avoid sunburn, use sunscreen and wear suitable clothing.
- Complete the medical declaration form that will be provided to you.

## Snorkelling environment

- Take careful note of the environment in which you will be snorkelling. With the assistance of the snorkelling supervisor or instructors, identify boating channels, marine animals, wind and tide strength and direction.
- Identify and locate flotation devices such as buoys and rest stations.

## Dealing with problems

- Snorkelling can be a strenuous physical activity even in calm water and may increase the health and safety risks for persons suffering from:
  - any medical condition that may be made worse by physical exertion, for example, heart disease, asthma and some lung complaints.
  - Any medical conditions that can result in loss of consciousness for example, some forms of epilepsy and some diabetic conditions.
  - Asthma that can be brought on by cold water or salt water mist.
  - The person should tell the lookout, snorkelling supervisor or snorkelling guide if they have any concerns about any other medical condition.
- People over the age of 50 years are more likely to suffer from diagnosed and undiagnosed medical conditions that may be made worse by physical exertion, for example, heart disease and stroke.
- It is a good idea to practice snorkelling beside a platform, boat or shallow water before venturing into more open deeper water.
- Take into consideration your own limitations when snorkelling. If in doubt wear a flotation device.
- Note the location and availability of life jackets, wetsuits or other flotation devices that can be used by snorkellers.
- Learn to communicate with supervisors and other snorkellers by using hand signals so that you will know when to return to the boat and how to communicate if you do need assistance.
- Learn how to lift and keep your face clear of the water.
- Learn how to use the buddy or pairs system where two snorkellers make sure they are always within a short distance of each other and keep a watch on each other's safety.
- Do not drink alcohol before snorkelling.

**If you are intending to hold your breath and dive below the surface be aware of the risk.**

- This can lead to unconsciousness, serious injury or death. The risk is increased greatly for divers who hyperventilate by taking repeated (more than three or four) deep breaths before diving below the surface or who undertake deep dives.

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

## PROVIDING ADVICE ABOUT MEDICAL CONDITIONS TO PROSPECTIVE RECREATIONAL SNORKELLERS

Reference the Workplace Health and Safety Regulation 1997 Section 861 and the Compressed Air Recreational Diving and Recreational Snorkelling Industry Code of Practice 2000 Section 3.2.2

### MEDICAL DECLARATION – RECREATIONAL SNORKELLERS

I (print name) ..... declare that I have been advised snorkelling can be a strenuous physical activity and may increase the health and safety risks to me if I am suffering form:

**A Any medical conditions that may be made worse by physical exertion**

For example heart disease, asthma, some lung complaints

**B Any medical conditions that can result in loss of consciousness**

For example some forms of epilepsy and some diabetic conditions

**C Asthma that can be brought on by cold water or salt water mist**

I have been advised that snorkelling can be strenuous physical activity even in calm water and that persons over the age of 50 years are at an increased risk of death and injury due to a higher incidence of medical conditions made worse by physical exertion, such as heart disease and stroke.

I have been advised to tell the lookout, snorkelling supervisor or snorkelling guide if I have any concern about a medical condition.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents or guardian's signature for minors \_\_\_\_\_

**Note. It is recommended that anyone with a medical condition and anyone 50 years of age or over intending to snorkel should:**

- a) snorkel in an area which allows the lookout or snorkelling supervisor or offer closer supervision
- b) wear a flotation device that will support the wearer in a relaxed state
- c) snorkel in buddy pairs.