

**SCUBA 2 THE CLUB
SAFE DIVING PRACTICES STATEMENT OF UNDERSTANDING**

This document is a statement in which you are informed of the Safe Diving Practices for Skin and Scuba Diving. These practices have been compiled for your review and acknowledgment and are intended to increase your comfort and safety in diving activities. Ensure that you read this statement prior to signing it. If you have any queries, you should discuss the statement with a committee member of Scuba 2 The Club.

I,, understand that as a diver I should:

1. Maintain good mental health and physical fitness for diving. Avoid being under the influence of alcohol or dangerous drugs when diving. Keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of inactivity.
2. Be familiar with my dive sites. If not, obtain a formal diving orientation from a knowledgeable, local source. If diving conditions are worse than those in which I am experienced, I will postpone diving activities or select an alternate dive site with better conditions.
3. Engage only in diving activities consistent with my training and experience.
4. Use complete, well maintained, reliable equipment with which I am familiar, and inspect it for function and fit prior to each and every dive. Deny the use of my equipment to unqualified divers. Always have and use a buoyancy control device with a low pressure inflating system, submersible pressure gauge, depth gauge and timing device when scuba diving. Recognise the desirability of an alternate air source.
5. Listen carefully to dive briefings and directions and respect the advice of those supervising my diving activities.
6. Adhere to the buddy system throughout every dive. Plan dives – including communications, procedures for reuniting in case of separation and emergency procedures with my buddy.
7. Be proficient in dive table usage. Make all dives no-decompression dives and allow a margin of safety. Have a means to monitor depth and time under water. Limit maximum depth to my limit of training and experience. Ascend at a rate of no more than 18 metres per minute.
8. Maintain proper buoyancy. Adjust weighting at the surface for neutral buoyancy with no air in my buoyancy control device. Maintain neutral buoyancy while under water. Be buoyant for surface swimming and resting. Have weights clear for easy removal and establish buoyancy when in distress while diving.
9. Breathe properly for diving. Never breathe hold or skip breath when breathing compressed air and avoid excessive hyperventilation when breath hold diving. Avoid overexertion while in and under water and dive within my limitations.
10. Use a boat, float or other surface support station whenever feasible.
11. Know and obey local diving laws and regulations, including fish and game and dive flag laws.

I have read the above statement and have had my questions answered to my satisfaction by a committee member of Scuba 2 The Club. I understand the importance and purpose of these established practices. I recognise they are for my own safety and well being and failure to adhere to them may place me in jeopardy when involved in diving activities.

Signed Date / /

IN WITNESS WHEREOF, the undersigned has hereunto set his/her hand and seal this

..... day of.....200

SignedNominee's Name (being a current member)