



STANDARD SAFE DIVING PRACTICES STATEMENT OF UNDERSTANDING

In this document you are informed of safe diving practices for snorkel and scuba diving. These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety while diving. Your signature on this statement is required as proof that you are aware of these practices. Read and if needed, discuss this document with your ACUC Instructor prior to signing it. If you are a minor, this form must also be signed by a parent or guardian. These are ACUC's recommendations and / or standards. In cases where the local legislation is more restrictive or conservative than the ACUC recommendation / standard, then the local legislation will prevail. However, if the local legislation is less restrictive or conservative than the ACUC recommendation / standard, then the ACUC recommendation / standard should be followed.

I, _____, understand that as a diver I should:
(Print Name and Last Name)

1. Maintain good mental and physical fitness for diving. Avoid being under the influence of alcohol or dangerous drugs when diving.
2. Be familiar with dive sites. If not, obtain a formal diving orientation from a knowledgeable, local source or dive under the guidance of a local dive center. If diving conditions are worse than those in which I am experienced, postpone diving or select an alternate site with better conditions.
3. Engage only in diving activities consistent with my training and experience. Do not engage in specialty diving such as cave, night, drift, ice or technical diving, unless specifically trained to do so. Recognize that additional training is recommended for participation in specialty diving activities, in other geographic areas and after periods of inactivity that exceed six months.
4. Keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of diving inactivity, and refer to my course materials to stay current and refresh myself on important information.
5. Use complete and well-maintained equipment and inspect it for correct fit and function prior to each dive.
6. Deny use of my equipment to uncertified divers.
7. Always have a buoyancy control device and alternate air source when scuba diving, as well as always have a submersible pressure gauge, depth gauge and diving watch when scuba diving, and/or underwater computer which does those functions.
8. Listen to dive briefings and directions and respect the advice of those supervising my diving activities.
9. 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.
10. Be proficient in dive planning and dive table usage, avoiding whenever possible decompression dives and allowing an extra margin of safety in strenuous or difficult dives (cold water, heavy drift, etc...).
11. Do not dive deeper than 25 metres / 80 feet, at least until I have a minimum experience of 20 dives (10 hours bottom time) or taken the ACUC deep diving specialty course.
12. Limit maximum depth to my level of training and experience, as well as to water conditions. Never dive deeper than 40 metres / 130 feet.
13. Ascend slowly, as maximum at a rate of no faster than my smallest bubbles (around 18 metres / 60 feet per minute). Make a safety stop on all dives deeper than 12 metres / 40 feet as an added precaution, usually at between 4 and 5 metres / 13 and 16 feet for a minimum of three minutes.
14. Maintain proper buoyancy. Adjust weights at the surface for neutral buoyancy with no air in my buoyancy control device. Obtain and maintain neutral buoyancy while underwater. Be buoyant for surface swimming and resting. Have weights clear for easy removal, and establish buoyancy when in distress while diving. Always carry some type of surface signaling device (whistle, mirror, safety buoy, etc...).
15. Dive respecting the environment, its flora and fauna, and being aware of the impact that our presence can cause in the marine and underwater environments.
16. Breathe properly for diving. Never breath-hold or skip-breathe when breathing compressed gases, and avoid excessive hyperventilation when breath-hold diving.
17. Avoid overexertion while swimming at the surface and diving and dive within my limitations.
18. Avoid doing heavy exercises between continuous or repetitive dives.
19. Use some type of surface support station, whenever feasible.
20. Know and obey local dive laws and regulations.

I have read the above statements and have had any questions answered to my satisfaction. I understand the importance and purposes of these safe diving practices. I recognize they are for my own safety and well-being, and that failure to adhere to them can place me in danger when diving.

Participant's Signature

Date (Day/Month/Year)

Signature of Parent or Guardian (where applicable)

Date (Day/Month/Year)