

COURSE NAME: _____



DECLARATION OF SAFE FREEDIVING PRACTICES & STATEMENT OF UNDERSTANDING

I (NAME): _____

As a RAID student and/or as a certified Freediver, understand and I am aware of the principle that I should:

1. Maintain good physical fitness and mental attitude for freediving. Avoid being under the influence of dangerous drugs or alcohol when freediving. Keep proficient in freediving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of 6 (six) months of freediving inactivity. I shall refer to my course materials on line, to stay current and refresh myself on important information.
2. Not freedive beyond my limits, engage only in freediving activities consistent with my training, certification, experience and in conditions consistent with my training.
3. When freediving new sites, obtain a formal freediving orientation from a knowledgeable, local source.
4. Follow any required equipment assembly checks and do not dive if there is a possible fault. Maintain and follow manufacturer's guidelines for service and maintenance.
5. Not freedive if feeling uncomfortable.
6. Deny teaching any skills to persons and or freedivers unless qualified to do so and consistent with my Instructional skills and Level of certification.
7. Respect and follow the advice of those supervising my freediving activities.
8. Only breathe from compressed gasses underwater according to SCUBA qualifications.
9. Plan freedives, within reasonable safe limits, include but not limited to, communications, emergency procedures etc...
10. Safety divers, avoid using SCUBA divers for any decompression diving unless they are trained and certified to do so.
11. Maintain correct buoyancy for Freediving in openwater and confined water.
12. Avoid excessive or incorrect hyperventilation when freediving.
13. Know and obey local dive laws and regulations
14. Use surface support whenever feasible
15. Always Freedive with supervision from a buddy.

I understand the importance of these established practices and that they are for my own safety and well-being and I will endeavour to up hold them. I understand that failure to adhere to them may place me and others in serious danger and may result in death/s when diving and exonerate any liability which may be incurred as a result of my failure to follow these practices.

Participant's Signature Date (Day/Month/Year)

Signature of Parent or Guardian (where applicable) Date (Day/Month/Year)