



# SANDRO'S SCUBA TOURS

## STANDARD SAFE DIVING PRACTICES STATEMENT OF UNDERSTANDING AND LIABILITY RELEASE AGREEMENT

- 1. Maintain good mental and physical fitness for diving.** I state that I am not under the influence of alcohol or dangerous drugs when diving. I will keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of diving inactivity.
- 2. Be familiar with my dive sites and listen carefully to dive briefings/directions and respect the advice of those supervising my diving activities.** I will remain attentive to the dive briefings and directions provided by the divemaster and follow the advice and directions of the divemaster. If diving conditions are any worse than those in which I am experienced, I will immediately notify the divemaster. I will engage only in diving activities consistent with my training and experience.
- 3. Use complete, well-maintained, reliable equipment with which I am familiar.** I will inspect the equipment for correct fit and function and determine that it functions properly prior to each dive.
- 4. 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 and divemaster.
- 5. Be proficient in computer diving.** Make all dives no-decompression dives and allow a margin of safety. I will use my computer to monitor depth and time underwater. I will adhere to the dive profile described to me by the divemaster before each dive. I will limit maximum depth to my level of training and experience and ascend at a rate of not more than 18 metres/60 feet per minute. Be a SAFE diver – slowly ascend from every dive. Make a safety stop usually at 5 metres/15 feet for three minutes or longer.
- 6. Maintain proper buoyancy.** I will adjust my weighting at the surface for neutral buoyancy with no air in my buoyancy control device. I will maintain neutral buoyancy while underwater so I will be buoyant underwater and for surface swimming and resting. I will have my weights clear for easy removal and establish buoyancy when in distress while diving. I will compensate my weight for steel tanks when they are used. I will carry at least one surface signaling device (such as signal tube, whistle, mirror).



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**7. Breathe properly for diving.** I will never hold my breath or skip-breathe when breathing compressed air and avoid excessive hyperventilation when freediving. I will avoid overexertion while in and underwater and dive within my limitations.

**8. Know and obey local dive laws and regulations,** including fish and game and dive flag laws. I will not tease, harass or take with me any underwater organism dead or alive.

I have read and understand the importance and purposes of these established practices. I recognize they are for my own safety and well-being, and that failure to adhere to them can place me in jeopardy when diving.

I, \_\_\_\_\_ affirm that I thoroughly understand the hazards of scuba diving including the hazards occurring during boat travel to and from dive sites. I understand that these hazards include, but are not limited to, air expansion injuries, drowning, decompression sickness, embolism, slipping and falling while on board, being cut or struck by a boat while in the water, injuries occurring while getting on or off a boat, and other perils of the sea. I understand and agree that neither Sandro Scuba Tours, nor any of their respective owners, employees, instructors, divemasters, agents, contractors or assigns may be held responsible in any way for injury, death or other damages to me, my family, estate, heirs or assigns that may occur because of my participation in diving and water related activities and excursions.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date (Day/Month/Year)

\_\_\_\_\_  
Emergency Contact

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Signature of Parent or Guardian (where applicable)

\_\_\_\_\_  
Date (Day/Month/Year)

Name: \_\_\_\_\_

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

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