

Open Water Scuba Diver: Scuba Diving Hazards

You completed a PADI e-learning programme which identified a range of potential ocean environmental hazards. Your safety is our highest priority, so these are the Scuba hazards we can prevent or minimise together:

Dive Fitness. To ensure you are healthy and fit enough to Scuba dive, you must:

1. Fill out your Medical Statement truthfully.
2. Complete the 200m (pool) or 300m (sea) swim test, and
3. Complete four sea dives from the shore.

Burst Lung. You must:

1. **NEVER, NEVER hold your breath using Scuba.**
2. Breathe normally underwater and ascend slowly.

Drowning. You must:

1. Underwater - keep your regulator in your mouth and have air in your cylinder.
2. On the surface - keep your regulator or snorkel in your mouth and inflate your BCD.
3. On the surface - keep your mask over your face, to help prevent breathing difficulties and panic.

Decompression Sickness. To minimise the risk:

1. Your course will **NOT** dive into decompression time.
2. Ascend no faster than 18m per minute.
3. Complete a safety stop where possible.

Hypothermia. To minimise the risk:

You will wear suitable thermal protection but if you become uncomfortably cold, signal your instructor.

Cramp. To minimise the risk:

You will be taught *Cramp Removal* skills.

Running out of air. To minimise the risk:

1. You will be taught to regularly check your air pressure gauge.
2. You will also be taught *Out of Air, Regulator Recovery, Emergency Ascents* and *Weight Release* drills.
3. You must signal your instructor if your air pressure drops to **70 bar**.

Separation. To minimise the risk:

1. Stay close to your buddy.
2. You and your buddy must watch for signals from your instructor.

Something is wrong. To minimise the risk:

1. If you need help, immediately signal your instructor.
2. If your equipment appears faulty, immediately signal your instructor.

Feeling unwell or unsafe. To eliminate any risks:

Immediately signal your instructor.

Dive sites. To minimise the risk:

1. You will be taught all PADI Scuba skills in our dive pool, then practice them in the sea.
2. Your instructor will select the safest suitable dive site for your four sea dives.
3. Before each dive, your instructor will brief you on the dive site hazards and PADI skills to be completed.
4. If you don't understand a briefing (or demonstration), ask your instructor to repeat it.

I have completed my PADI e-learning and fully understand the hazards involved in Scuba diving.

Student's name _____

Student's signature _____ Date _____

Instructor's name _____ Date _____