

Safety Information for Snorkellers

The underwater environment is exciting and beautiful, but it can be dangerous if you ignore your snorkelling supervisor's or instructor's directions. Please carefully read the following information and speak to your instructor about any concerns before going into the water.

- If you cannot swim or have not snorkelled before, let your snorkelling supervisor know.
- Snorkelling can be a strenuous physical activity, even in calm water. There are serious risks associated with some medical conditions, especially cardiac conditions.
- If you have medical concerns, please speak to the snorkelling supervisor.
- Older people may have a higher risk of injury due to medical conditions, whether diagnosed or not.


The following safety tips can help:

- Use a flotation device to reduce the amount of physical exertion required in the water
- Snorkel with a buddy or participate in a guided tour so you can get help if in distress
- Stay close to supervising staff or other support.
- Know how to communicate with the lookout with hand signals and don't delay if you need help
- Snorkel within your ability
- Always listen for and follow instructions from the snorkelling supervisors, instructors and lookouts

Experienced snorkellers are also at risk:

If you take repeated deep breaths before diving (hyperventilating) and try to stay under water for as long as possible, it's called 'breath-hold diving' and it can lead to unconsciousness, serious injury or death. Hyperventilating and breath-hold diving can cause **Shallow Water Blackout**, which results from hypoxia (low oxygen) to the brain. Hyperventilation and breath-holding may also stimulate physical and genetic triggers that can lead to various causes of injury and/or death.

Passions of Paradise advises Swimmers/Snorkelers against this practice.



I am ok
我没事
我没事
Je vais bien
Alles OK
Sto bene
私は大丈夫です
Estoy bien
Jag är OK
Tôi bình an
Я в порядке
괜찮습니다



I am ok but I need help
我没事，但需要帮助
我没事，但需要帮助
Je vais bien, mais j'ai besoin d'aide
OK, brauche aber Hilfe
Sto bene ma ho bisogno di aiuto
私は大丈夫ですが助けが必要です
Estoy bien pero necesito ayuda
Jag är OK men jag behöver hjälp
Tôi bình an nhưng cần được giúp đỡ
Я в порядке, но мне нужна помощь
괜찮지만 도움이 필요합니다



Wear a snorkel vest
穿上浮潜马甲
穿上浮潜背心
Porter un gilet de plongée avec tuba
Tragen Sie eine Schnorchelweste
indossare un giubbotto per lo snorkelling
스노클링베스트를 착용
Utilice un chaleco de buceo en superficie
Ha på dig en snorklingsväst
Mặc áo lặn sử dụng ống thở
Ныряйте с жилетом безопасности
스노클링 조끼 착용



Snorkel with a buddy
与伙伴一起浮潜
與伙伴一起浮潛
Faire de la plongée avec tuba avec un ami
Schnorcheln Sie zusammen mit einem Partner
fare snorkelling con un amico
パティと一緒にスノーケリングする
Bucee con un compañero
Snorkla med en partner
Lặn sử dụng ống thở với người lặn đồng hành
Ныряйте с напарником
친구와 함께 스노클링

Recreational Snorkellers Medical Declaration

I (print name) _____ declare that I have been advised that snorkelling can be a strenuous physical activity and may increase the health and safety risks to me if I am suffering from:

- any medical condition/s that may be made worse by physical exertion (e.g. heart disease, asthma and some lung complaints)
- any medical condition/s that can result in loss of consciousness (e.g. some forms of epilepsy and some diabetic conditions)
- asthma that can be brought on by cold water or salt water mist.

I have been advised to tell the lookout, snorkelling supervisor or snorkelling guide if I have any concerns about a medical condition.

Note:

It is recommended persons with a medical condition and persons over 50 years of age intending to snorkel should:

- Snorkel in an area which allows the lookout or snorkelling supervisor to offer closer supervision
- Wear a flotation device that will support the wearer in a relaxed state
- Snorkel in a buddy pair

I have been advised that snorkelling can be a strenuous physical activity even in calm water and that older people are at an increased risk of death and injury due to a higher incidence of medical conditions made worse by physical exertion, such as heart disease and stroke.

Signature _____

Date DD/MM/YYYY

Parent's or guardian's signature for minors (under 18 years of age): _____

Date

Safety Information for Certified Divers

Certified divers are obliged to dive safely and responsibly and to comply with the instructions provided during a dive briefing.

As a diver, you have a responsibility to be medically and physically fit to dive. You must inform the dive supervisor if you are suffering from any illness or injury or taking prescribed medication.

Please read this information and speak with your dive supervisor or your dive guide about any concerns before committing to a dive.

Certified divers should:

- follow the instructions of your dive supervisor or dive guide
- ask your dive supervisor for the dive plan and information on site conditions and hazards
- always dive with a buddy or a guide and stay together
- regularly monitor your air levels and your dive buddy's air levels
- be aware of dive site's boundaries and only dive to your trained depth.

Please make sure you:

- know where the lookout is stationed
- take careful note of emergency procedures such as the underwater recall, distress, rescue and lost buddy procedures
- know how to use signalling devices such as an inflatable safety sausage and know where they can be found
- can see your buddy at all times and check they are ok
- are familiar with all the dive equipment you will be taking on the dive
- complete a safety stop at the end of your dive

Consider the following before and during the dive:

- ocean currents under the water
- the depth of the water
- visibility under the water
- underwater terrain and marine life in the area
- safe entry to and exit from the water

Divers should be aware of the following risks:

- running out of air
- decompression illness from repetitive diving
- nitrogen narcosis when diving at depth and the need to move to shallower water if this occurs
- flying or altitude exposure after diving

We hope you enjoy diving the beautiful waters of Queensland. Please talk to your dive instructor or supervisor if you have any questions.

CERTIFIED DIVERS ONLY					
AGENCY	LEVEL	CERT. DATE	# of DIVES	LAST DIVE	VERIFIED BY

CERTIFIED DIVER NUMBER:

Passenger Number:

Completing this form is required by law before a person can do resort diving. The information is required by Queensland Workplace Health and Safety and is not used for marketing purposes.

Surname/Family Name: _____ Given names: _____

Address: _____

Phone: _____ Email: _____

Date of Birth: _____ Age: _____ Sex: Male Female

DD/MM/YYYY

Have you ever suffered from, or do you now suffer from, any of the following:		
	YES	NO
1 Asthma or wheezing	<input type="checkbox"/>	<input type="checkbox"/>
2 Brain, spinal cord or nervous disorder	<input type="checkbox"/>	<input type="checkbox"/>
3 Chest surgery	<input type="checkbox"/>	<input type="checkbox"/>
4 Chronic bronchitis or persistent chest complaint	<input type="checkbox"/>	<input type="checkbox"/>
5 Chronic sinus conditions	<input type="checkbox"/>	<input type="checkbox"/>
6 Collapsed lung (pneumothorax)	<input type="checkbox"/>	<input type="checkbox"/>
7 Diabetes mellitus (sugar diabetes)	<input type="checkbox"/>	<input type="checkbox"/>
8 Ear surgery	<input type="checkbox"/>	<input type="checkbox"/>
9 Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
10 Fainting, seizures or blackouts	<input type="checkbox"/>	<input type="checkbox"/>
11 Heart disease of any kind	<input type="checkbox"/>	<input type="checkbox"/>
12 Recurrent ear problems when flying	<input type="checkbox"/>	<input type="checkbox"/>
13 Tuberculosis or other long-term lung disease	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently suffering from:		
14 Breathlessness	<input type="checkbox"/>	<input type="checkbox"/>
15 Chronic ear discharge or infection	<input type="checkbox"/>	<input type="checkbox"/>
16 High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
17 Other illness or operation within the last month	<input type="checkbox"/>	<input type="checkbox"/>
18 Perforated eardrum	<input type="checkbox"/>	<input type="checkbox"/>
19 Are you currently taking any medicine or drug (except oral contraceptives)?	<input type="checkbox"/>	<input type="checkbox"/>
20 Have you ingested any alcohol within the eight hours prior to diving?	<input type="checkbox"/>	<input type="checkbox"/>
21 Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
22 Do you understand that concealment of any condition incompatible with safe diving might put your life or health at risk?	<input type="checkbox"/>	<input type="checkbox"/>