

# 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  
 スノーケルベストを着用する  
 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  
 与友伴一起浮潜  
 与友伴一起浮潜  
 Faire de la plongée avec tuba avec un ami  
 Schnorcheln Sie zusammen mit einem Partner  
 fare snorkelling con un amico  
 バデ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:**

**A. Snorkel in an area which allows the lookout or snorkelling supervisor to offer closer supervision**

**B. Wear a flotation device that will support the wearer in a relaxed state**

**C. 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 DD/MM/YYYY

# ENGLISH 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 all in-water activities. The information is required by Queensland Workplace Health and Safety and is not used for marketing purposes.

Surname/Family Name: \_\_\_\_\_ Given names: \_\_\_\_\_

Date of Birth: \_\_\_\_\_  
DD/MM/YYYY

Have you ever suffered from, or do you now suffer from, any of the following:			
		YES	NO
1	Asthma, wheezing, persistent chest complaint, collapsed lung (pneumothorax) or other long-term lung disease?	<input type="checkbox"/>	<input type="checkbox"/>
2	Brain, spinal cord or nervous disorder?	<input type="checkbox"/>	<input type="checkbox"/>
3	Chest surgery or heart disease of any kind?	<input type="checkbox"/>	<input type="checkbox"/>
4	Epilepsy, fainting, seizures or blackouts?	<input type="checkbox"/>	<input type="checkbox"/>
5	Diabetes of any type (Excluding gestational diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>
6	High blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
7	Other illness or operation within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
8	Are you currently taking any medicine or drug (except oral contraceptives)?	<input type="checkbox"/>	<input type="checkbox"/>

NOTES: