

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 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 your 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 generic triggers that can lead to various causes of injury and/or death.

Passions of Paradise advises Swimmers/Snorkellers against this practice.



Safety Information for Certified Divers

Certified divers are obligated 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 always see your buddy 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 water 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 required by Queensland Workplace Health and Safety and is not used for marketing purposes.

Surname/Family name: _____ Given names: _____

Date of birth: _____

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, allergies, or anaphylaxis?	<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 operation within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
8	Are you currently taking any medication or drug (except oral contraceptives)?	<input type="checkbox"/>	<input type="checkbox"/>
9	Mobility issues?	<input type="checkbox"/>	<input type="checkbox"/>
10	Recent head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>

Rate your swimming ability:

- First time or non-swimmer
- Nervous about swimming
- Can swim comfortably

- I have not snorkelled before
- I have snorkelled before (if so, how long since your last snorkel? _____)

NOTES:

Recreational Snorkellers Medical Declaration

I (*print name*) _____

declare that I have been advised that snorkelling can be a strenuous physical activity and may increase 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 conditions(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 saltwater mist.

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

Please Note

If you have been identified as an at risk snorkeller you will be required to:

- **wear and/or use a flotation device that will support the wearer in a relaxed state.**
- **wear a particular colour snorkel or vest that will allow the crew to offer closer supervision.**
- **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 _____