



## Standard Safe Diving Practices Statement of Understanding

This is a statement in which you are informed of the established safe diving practices for skin and scuba diving. These practices are intended to increase your comfort and safety in diving. Your signature on this statement is required as proof that you are aware of these safe diving practices. Read and discuss the statement prior to signing it. If you are a minor, a parent or guardian must also sign this form.

I, \_\_\_\_\_, understand that as a diver I should:  
(Participant's name)

1. Maintain good mental and physical fitness for diving. I will avoid being 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. Remain attentive to the diving orientation that will be provided by my divemaster. If diving conditions are worse than those in which I am experienced, I will immediately notify my divemaster. I will engage only in diving activities consistent with my training and experience. I will listen carefully to dive briefings and directions given by the divemaster, and I will follow the advice and directions of my divemaster.
3. Use complete, well-maintained, reliable equipment with which I am familiar. I will inspect it for the correct fit and to determine that the equipment functions properly prior to each dive. I will adhere to the dive profile described to me by my divemaster before each dive. I will discuss the dive plans—including communications, procedures for reuniting in case of separation, and emergency procedures—with my buddy and with my divemaster.
4. Be proficient in computer diving, and make all dives no-decompression dives with a sufficient margin of safety, as determined by the divemaster. I will use my computer to monitor depth and time while underwater. I will limit my maximum depth to those set during the dive briefing provided by the divemaster. I will not ascend at a rate of more than 18 meters/60 feet per minute. I will maintain a depth approximate to my divemaster, and will not vary from the divemaster's depth by more than 8 meters/25 feet.
5. 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 that I am buoyant 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.
6. Breathe properly for diving. I will never hold my breath or skip-breathe while breathing compressed air, and I will avoid excessive hyperventilation when freediving. I will avoid overexertion while in and under the water and dive within my limitations.

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

\_\_\_\_\_  
Participant signature

\_\_\_\_\_  
Date (day/month/year)

\_\_\_\_\_  
Parent/guardian signature (where applicable)

\_\_\_\_\_  
Date (day/month/year)