

Coral Sea Dreaming

Pax No.

Note: It is recommended that anyone with a medical condition and anyone 50 years of age or over intending to snorkel should:

- Snorkel in an area, which allows the lookout or snorkelling supervisor or offer closer supervision) Wear a flotation device that will support the wearer in a relaxed state. c) Snorkel in buddy pairs..
 - If you cannot swim or have not snorkelled before or have any concern, talk to your snorkelling supervisor or snorkelling guide before entering the water.
 - Be aware that snorkelling can be a strenuous physical activity even in calm water.
 - Follow the instructions of you snorkelling supervisors and lookouts.
- Snorkel in buddy pairs & always stay in an area which allows your supervisor or instructor to offer close supervision.
- Complete the medical declaration form that will be provided to you.
 - Take careful note of the environment in which you will be snorkelling. With the assistance of the snorkelling supervisor or instructors, identify boating channels, marine animals, wind and tide strength and direction, avoid sunburn, use sunscreen and wear suitable clothing.
 - Identify and locate flotation devices such as buoys and rest stations. Flotation devices are available for you to use.

Dealing with problems

- Snorkelling can be a strenuous physical activity even in calm water and may increase the health and safety risks for persons suffering from:
- Any medical condition that may be made worse by physical exertion, for example, heart disease, asthma and some lung complaints.
- Any medical conditions that can result in loss of consciousness for example, some forms of epilepsy and some diabetic conditions.
- Asthma that can be brought on by cold water or salt water mist.
- The person should tell the lookout, snorkelling supervisor or snorkelling guide if they have any concerns about any other medical condition.

| CERTIFIED DIVERS ONLY | | | | | |
|-----------------------|-------|-----------|-------------|-----------|----------|
| AGENCY | LEVEL | CERT DATE | NO OF DIVES | LAST DIVE | VERIFIED |
| | | | | | |

CERTIFIED DIVER NO:

Regularly monitor your own and your buddies' air levels and the minimum air content required for safe return to the surface. If diving with a guide, dive supervisor or instructor, always stay close to them. Only dive to the depth to which you have been trained. Ask your dive supervisor for the dive plan, site conditions and about hazards before you dive. You have the responsibility as a diver to dive safely and follow the instructions of the dive supervisor, instructors or dive excursion operator.

Surname: _____ Given Names: _____

Address: _____

Phone: _____ Email: _____

Date of Birth: ____ / ____ / ____ Sex: Male / Female

Have you ever suffered from, or do you now suffer from, any of the following-

| | | YES | NO |
|----|--|-----|----|
| 1 | Asthma or wheezing | | |
| 2 | Brain, spinal cord or nervous disorder | | |
| 3 | Chest surgery | | |
| 4 | Chronic bronchitis or persistent chest complaint | | |
| 5 | Chronic sinus conditions | | |
| 6 | Collapsed lung (pneumothorax) | | |
| 7 | Diabetes mellitus (sugar diabetes) | | |
| 8 | Ear surgery | | |
| 9 | Epilepsy | | |
| 10 | Fainting, seizures or blackouts | | |
| 11 | Heart disease of any kind | | |
| 12 | Recurrent ear problems when flying | | |
| 13 | Tuberculosis or other long-term lung disease | | |
| 14 | Breathlessness | | |
| 15 | Chronic ear discharge or infection | | |
| 16 | High blood pressure | | |
| 17 | Other illness or operation within the last month | | |
| 18 | Perforated eardrum | | |
| 19 | Are you currently taking any medicine or drug (excluding oral contraceptives)? | | |
| 20 | Have you ingested any alcohol within the 8 hours prior to diving? | | |
| 21 | Are you pregnant? | | |
| 22 | Do you wear contact lenses? | | |
| 23 | Are you flying within 12 hours? | | |
| 24 | Do you understand that concealment of any condition incompatible with safe diving might put your life or health at risk? | | |

Signature _____ Date ____/____/____

Witness _____ Date ____/____/____