

Safety information for divers and snorkellers



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Safety information for certified divers Medical declaration for resort diving

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.

To be completed and signed by resort diver

Completing this form is required by law before a person can do resort diving.

Personal details

Surname _____ Given names _____

Address _____

Phone _____ Date of birth _____ Sex: Male Female

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

	Yes	No
Asthma or wheezing	<input type="checkbox"/>	<input type="checkbox"/>
Brain, spinal cord or nervous disorder	<input type="checkbox"/>	<input type="checkbox"/>
Chest surgery	<input type="checkbox"/>	<input type="checkbox"/>
Chronic bronchitis or persistent chest complaint	<input type="checkbox"/>	<input type="checkbox"/>
Chronic sinus conditions	<input type="checkbox"/>	<input type="checkbox"/>
Collapsed lung (pneumothorax)	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes mellitus (sugar diabetes)	<input type="checkbox"/>	<input type="checkbox"/>
Ear surgery	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
Fainting, seizures or blackouts	<input type="checkbox"/>	<input type="checkbox"/>
Heart disease of any kind	<input type="checkbox"/>	<input type="checkbox"/>
Recurrent ear problems when flying	<input type="checkbox"/>	<input type="checkbox"/>
Tuberculosis or other long-term lung disease	<input type="checkbox"/>	<input type="checkbox"/>

Are you currently suffering from:

Breathlessness	<input type="checkbox"/>	<input type="checkbox"/>
Chronic ear discharge or infection	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
Other illness or operation within the last month	<input type="checkbox"/>	<input type="checkbox"/>
Perforated eardrum	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently taking any medicine or drug (excluding oral contraceptives)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ingested any alcohol within the eight hours prior to diving?	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
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"/>

Signature _____ Date _____

Witness _____ Date _____

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 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.
- If you plan to breath-hold dive, you must let the snorkelling supervisor know.



Medical declaration for snorkelling

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.

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

Parent's or guardian's
signature for minors

Date

People with a medical condition and older people intending to snorkel should:

- snorkel in a closely supervised area for the lookout or snorkelling supervisor to better observe any issues
- wear a floatation device for support
- snorkel with a buddy.



Snorkelling and diving signals – When snorkelling or diving it is vital to know which signals to use, including:



Are you ok?
 您没事吧?
 您沒事吧?
 Est-ce que ça va ?
 Alles OK?
 Stai bene?
 大丈夫ですか?
 ¿Está bien?
 Är du OK?
 Bạn có bình an hay không?
 Ты в порядке?
 괜찮습니까?



I am ok but I need help
 我没事，但需要帮助
 我沒事，但需要幫助
 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



I am ok
 我没事
 我沒事
 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



Distress needing help
 遇险需要帮助
 遇險需要幫助
 Détresse nécessitant de l'aide
 Notfall, brauche Hilfe
 Sto male e ho bisogno di aiuto
 苦しいので助けが必要です
 En peligro, necesito ayuda
 Nödläge och behöver hjälp
 Lâm nạn cần được giúp đỡ
 Тревога, мне нужна помощь
 도움이 필요한 위험 상황



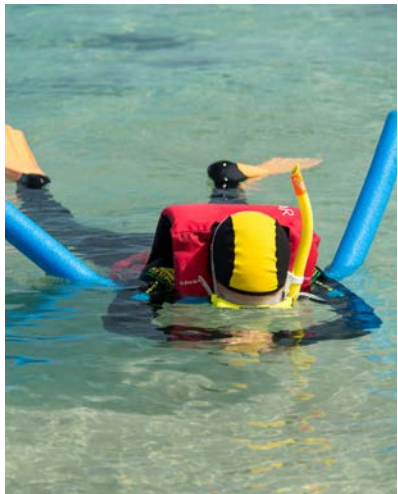
Flotation device options — To make sure you are safe in the water, please:



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
與友伴一起浮潜
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



Use a noodle or a life ring
使用浮条或救生圈
使用浮條或救生圈
Utiliser un flotteur ou une bouée de sauvetage
Benutzen Sie eine Schwimmnudel oder einen Rettungsring
Usare un tubo galleggiante o salvagente
浮き棒または浮き輪を使用する
utilice un tubo de flotación o salvavidas
Använda en flytorm eller livring
Sử dụng dây hay phao cứu hộ
Воспользуйтесь спасательным кругом или брусом
누들이나 구명 부환 사용



Join a guided tour
参加由导师带领的浮潜团
參加由指導員帶領的浮潛團
Vous joindre à un tour organisé
Schließen Sie sich einer geführten Tour an
unirvi a un tour guidato
ガイド付きツアーに参加する
Realice un paseo con guía
Delta i en guidad tur
Tham gia chuyến tham quan có người hướng dẫn
Присоединитесь к группе под руководством инструктора
가이드 투어에 참여