

AQUÀTICA

L'ESTARTIT - ILLES MEDES

Try Scuba Diving

Participant Statement. Please read the following paragraphs carefully and fill in all blanks before signing.

This statement, which includes a Medical Questionnaire, Discover Scuba Diving Safe Practices Statement and a Statement of Risks and Liability, informs you of some potential risks involved in scuba diving and of the conduct required of you during the programme. Your signature is required to participate in the programme. If you are a minor, you must have the Participant Statement (which includes and acknowledges the Medical Questionnaire, the Discover Scuba Diving Safe Practices and the Statement of Risks and Liability) signed by your parent or guardian.

You will also need to learn from the instructor the important safety rules regarding breathing and equalisation while scuba diving. Improper use of scuba equipment can result in serious injury or death. You must be thoroughly instructed in its use under the direct supervision of a qualified instructor to use it safely.

Medical Questionnaire

Scuba diving is an exciting and demanding activity.

Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, epilepsy, asthma, a severe medical problem, or who is under the influence of alcohol or drugs, should not dive. To scuba dive safely, you should not be extremely overweight or out of condition. If taking medication, consult your doctor before participating in this programme.

Please answer the following questions on your past and present medical history with a YES or NO. If you are not sure, answer YES. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your instructor will supply you with a PADI Medical Statement and Guidelines for Recreational Scuba Diver's Physical Examination to take to a physician.

- _____ Do you currently have an ear infection?
- _____ Do you have a history of ear disease, hearing loss or problems with balance?
- _____ Do you have a history of ear or sinus surgery?
- _____ Are you currently suffering from a cold, congestion, sinusitis or bronchitis?
- _____ Do you have a history of respiratory problems, severe attacks of hay fever or allergies, or lung disease?
- _____ Have you had a collapsed lung (pneumothorax) or history of chest surgery?
- _____ Do you have active asthma or history of emphysema or tuberculosis?
- _____ Are you currently taking medication that carries a warning about any impairment of your physical or mental abilities?
- _____ Do you have behavioural health problems or a nervous system disorder?
- _____ Are you or could you be pregnant?
- _____ Do you have a history of colostomy?
- _____ Do you have a history of heart disease or heart attack, heart surgery or blood vessel surgery?
- _____ Do you have a history of high blood pressure, angina, or take medication to control blood pressure?
- _____ Are you over 45 and have a family history of heart attack or stroke?
- _____ Do you have a history of bleeding or other blood disorders?
- _____ Do you have a history of diabetes?
- _____ Do you have a history of seizures, blackouts or fainting, convulsions or epilepsy or take medications to prevent them?
- _____ Do you have a history of back, arm or leg problems following an injury, fracture or surgery?
- _____ Do you have a history of fear of closed or open spaces or panic attacks (claustrophobia or agoraphobia)?

Participant Name _____ Date _____

Signature

Parent/Guardian Signature (where applicable)

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Try Scuba Diving

Name and surname _____

E-mail _____ Phone number _____

Birth date _____

Discover Scuba Diving Safe Diving Practices Statement

- These practices have been compiled for your review and acknowledgment and are intended to increase your comfort and safety in diving.
- I understand that upon completing the Try Scuba Diving programme, I will not be qualified to dive independently without a certified professional guiding me.
- To equalize my ears and sinus air spaces, I will need to blow gently against pinched nostrils every few feet/one metre while descending.
- If I have discomfort in my ears or sinuses during descent, I should stop my descent and alert my instructor.
- Underwater, I should breathe slowly, deeply, continuously and never hold my breath.
- I should respect underwater life and not touch, tease or harass an underwater organism since it may harm me and/or I may harm it.
- I can seek further training from any SSI Dive Centre, Resort and Instructor to become certified to dive without a professional guide.

Signature _____

Date _____

Parent/Guardian's name (where applicable)
Signature _____

EMERGENCY CONTACT INFORMATION

Name _____ Phone number(____) _____ Relationship _____

Image rights authorization

I authorise the company Aquàtica Illes Medes SLU to publish images related to the Try Scuba Diving taken during the activity on social networks or in different websites owned by Aquàtica Illes Medes.

Participant Name _____ Date _____

Signature _____

Parent/Guardian Signature (where applicable)