

## Safety Rules for Diving with Saltfree

Please read these carefully and abide by them whenever diving with Saltfree.

1. ALL freediving at NDAC is through Saltfree. You must let Paul know if you are coming to dive. You will be asked to provide a copy of your certification card, sign our liability release, accept these rules and supply a copy of your current fit to dive medical.
2. Never, ever dive without a competent buddy in the water who is able to assist if necessary. Tell your buddy what you are up to on each dive. If they're not happy with that, change your plan.
3. Be honest about your ability, dive conservatively and grow depth gradually. Ask for advice if you're not sure. People don't normally grow depth by more than about 2m a time once dives get below around 25m.
4. Bring the right kit. You'll need a 5ml suit, gloves, socks and hood.
5. Weight yourself so you are positively buoyant for at least the last 3<sup>rd</sup> of your ascent. It's fresh water, you'll need less lead than in the sea.
6. Always dive with a lanyard, even on shallow warm up dives. The only dives you should make without one are safety dives.
7. Always wear fins when providing safety cover for another diver, however shallow. You'll need them if you have to hold your buddy up.
8. Keep within 20m of the platform at all times you are on the surface in the deep end of the lake. Outside of that zone you may be at risk of collision with a jet ski.
9. Never dive beneath the surface with a snorkel in your mouth.
10. If you are trained in first aid, CPR or oxygen admin, please tell us. If you are not, aim to get trained as soon as possible. We can teach you.
11. Never dive under the influence of drugs, alcohol, medication or anything that might affect your ability to dive. If you are not fit to freedive, long-term or short-term, physically or mentally, don't dive. If conditions have changed since you gave us a Medical Statement, please fill out another.
12. If you choose to dive away from the freedive pontoon, for example on the "attractions":
  - a. Always dive in a one (or two)-up, one down buddy team
  - b. Do not exceed 20m (or 2/3 of your Constant Weight personal best, whichever is shallower)
  - c. Dive in such a way that your buddy knows where to expect your return
  - d. Never enter an overhead environment
13. Never dive below 40m without having the counterweight rigged, a safety buddy in the water and someone up top operating it.
14. If you think you might need to act to help a fellow diver, ACT don't wait.
15. Everyone in the group is responsible for safety. Keep your eyes and ears open when you are at the surface. Ultimately, you are responsible for your own safety. If there is anything you don't understand about the set-up, your dive, the safety systems or any other questions, just ask.

Revised Feb 2016 - Sam Amps