

PADI Discover Scuba Diving - Participant Statement

Read the following paragraphs carefully. This statement, which includes a Medical Questionnaire, a Liability Release and Assumption of Risk Agreement and the Discover Scuba Diving Review, informs you of some potential risks involved in scuba diving and of the conduct required of you during the PADI Discover Scuba Diving program.

Your signature is required to participate in the program. If you are a minor, you must have the Participant Statement (which includes and acknowledges the Medical Questionnaire and the Liability Release and Assumption of Risk Agreement) signed by your parent or guardian.

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

Discover Scuba Diving and Knowledge Review

To continue with your Discover Scuba Diving experience, you must complete this review under the direction of your PADI Professional before getting in the water. (Please circle)

1. Upon completing this experience, I will be qualified to dive independently without a certified professional guiding me. **True False**
2. To equalize my ears and sinus air spaces during descent, I will need to blow gently against pinched nostrils. **True False**
3. I should equalize every few feet/one metre while descending. **True False**
4. If I have discomfort in my ears or sinuses during descent, I should continue downward. **True False**
5. Underwater, I should breathe slowly, deeply, continuously and never hold my breath. **True False**
6. I should add air to my buoyancy control device (BCD) to float at the surface. **True False**
7. The "caution zone" on my air gauge indicates that I have plenty of air in my tank and that I may continue diving. **True False**
8. I should not touch, tease or harass an underwater organism since I may harm it or it may harm me. **True False**
9. I should stay close to the PADI Professional during my Discover Scuba Diving experience and signal if something is wrong. **True False**

PADI Medical Questionnaire

Scuba diving is an exciting and demanding activity. To scuba dive safely, you must not be extremely overweight or out of condition. 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, a current cold or congestion, epilepsy, asthma, a severe medical problem, or who is under the influence of alcohol or drugs, should not dive. If taking medication, consult your doctor before participating in this program.

The purpose of this Medical Questionnaire is to find out if you should be examined by a physician before participating in recreational scuba diving. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of a physician.

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 PADI Professional 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 hayfever 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 behavioral health, mental or psychological 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)?

Liability Release and Assumption of Risk Agreement

I (participant name), _____, hereby affirm that I am aware that skin and scuba diving have inherent risks which may result in serious injury or death.

I understand that diving with compressed air involves certain inherent risks; decompression sickness, embolism or other hyperbaric injury can occur that requires treatment in a recompression chamber. I further understand that this program may be conducted at a site that is remote, either by time or distance or both, from such a recompression chamber. I still choose to proceed with this program in spite of the absence of a recompression chamber in proximity to the dive site.

The information I have provided about my medical history on the Medical Questionnaire is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health conditions.

I understand and agree that neither the dive professionals of Seatasea, LLC, nor Seatasea LLC, nor the facility through which this activity is conducted, nor PADI Americas, Inc. nor its affiliate or subsidiary corporations,, nor any of their respective employees, officers, agents or assigns (hereinafter referred to as "Released Parties") may be held liable or responsible in any way for any injury, death or other damages to me, my family, estate, heirs or assigns that may occur as a result of my participation in this program or as a result of the negligence of any party, including the Released Parties, whether passive or active.

In consideration of being allowed to participate in this program, I hereby personally assume all risks for any harm, injury or damage, whether foreseen or unforeseen, that may befall me while participating in this program, including but not limited to the knowledge development, confined water and/or open water activities.

I further release and hold harmless the Discover Scuba Diving program and the Released Parties from any claim or lawsuit by me, my family, estate, heirs or assigns, arising out of my participation in this program. I further understand that skin diving and scuba diving are physically strenuous activities and that I will be exerting myself during this program and that if I am injured as a result of heart attack, panic, hyperventilation, etc. that I expressly assume the risk of said injuries and that I will not hold the Released Parties responsible for the same.

I further state that I am of lawful age and legally competent to sign this Liability Release and Assumption of Risk Agreement, or that I have acquired the written consent of my parent or guardian.

I understand that the terms herein are contractual and not a mere recital and that I have signed this Agreement of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree that if any provision of this Agreement is found to be unenforceable or invalid, that provision shall be severed from this Agreement. The remainder of this Agreement will then be construed as though the unenforceable provision had never been contained herein.

I understand and agree that I am not only giving up my right to sue the Released Parties but also any rights my heirs, assigns, or beneficiaries may have to sue the Released Parties resulting from my death. I further represent I have the authority to do so and that my heirs, assigns, or beneficiaries will be stopped from claiming otherwise because of my representations to the Released Parties.

I (participant name), _____, BY THIS INSTRUMENT DO EXEMPT AND RELEASE THE DIVE PROFESSIONALS CONDUCTING THIS ACTIVITY, THE FACILITY THROUGH WHICH THIS ACTIVITY IS CONDUCTED, AND PADI AMERICAS, INC., AND ALL RELATED ENTITIES AND RELEASED PARTIES AS DEFINED ABOVE, FROM ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH, HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER PASSIVE OR ACTIVE.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK AGREEMENT BY READING IT BEFORE SIGNING IT ON BEHALF OF MYSELF AND MY HEIRS AND AFFIRM THE MEDICAL QUESTIONNAIRE IS ACCURATE.

Name: _____

Address: _____

Phone: _____

Date of Birth _____ (MM/DD/YEAR) Gender _____

Email: _____

X _____

Participant Signature

Date _____

X _____

Parent/Guardian Signature (where applicable)

Date _____

Emergency Contact Information:

Name _____

Relationship _____

Phone (_____) _____

Flying After Diving Recommendations

- 1) For single dives within the no decompression limits, a minimum preflight surface interval of 12 hours is suggested.
- 2) For repetitive dives and/or multi-day dives within the no decompression limits, a minimum preflight surface interval of 18 hours is suggested.
- 3) For dives requiring decompression stops, a minimum preflight surface interval greater than 18 hours is suggested.