

📌 **A copy of your last logged dive must be attached to this form!**

New Staff:

New staff must go through a "check out" skills dive with a designated dive instructor. This is mandatory, and for your safety.

Anyone that feels that they need a scuba review of their basic skills or dive theory should let the Dive Director know ASAP. A dive instructor will be glad to help.

Dive insurance:

Do you have DAN insurance? YES NO

DAN member # _____ Expire date: _____

📌 **A copy of your DAN membership card must be attached to this form.**

Dive Gear:

Please write the name of the manufacturer in the space provided. If you do not possess this piece of equipment. Please write "None"

Regulator: _____ Alternate Air Source : _____

Dive Computer: _____ BCD: _____

You are responsible for all your dive gear. It should be serviced regularly. During the summer, the "repair guru" will not service personal gear, unless authorized by the Dive Director and the guru himself. Also, only dive staff will be using the staff gear room, any other staff can store their gear in the "cage".

Rules to follow:

Only individuals designated as Auspice divers may dive on company time.

No bluewater diving or diving on the backside of Catalina Island.

Please do not take any game from Toyon with exception of lobster in season.

Please obey all fish and game regulations. You must possess a license when taking game.

CIMI diving equipment (regulators, BC, etc) is not to be used for recreational diving.

I have read, understood and signed the liability release form and safe diving practices, and verify that all the above information is true.

Signature

Date

**GUIDED DISCOVERIES LIABILITY RELEASE
FOR SUPERVISION OF CERTIFIED DIVERS / SNORKELERS**

This is a release of your rights to sue GUIDED DISCOVERIES, INC. (Catalina Island Marine Institute), Matthew H. Hess (Dive Director), or its employees and agents. This release assigns personal responsibility for personal injuries or wrongful death that may occur during the forthcoming dive activity as a result of the inherent risks associated with Scuba diving / Snorkeling or as a result of negligence. **(Please initial next to each of the following sections.)**

- _____ 1. I acknowledge that I am a certified scuba diver trained in safe diving practices.

- _____ 2. I am aware of the risks inherent in this sport and accept these risks.

- _____ 3. I affirm that I am in good mental physical condition for diving, and that I am not under the influence of alcohol, nor am I under the influence of any drugs that are contradictory to diving. If I am taking medication, I affirm that I have seen a physician and have approval to dive while under the influence of the medication / drugs.

- _____ 4. I am aware of the dangers of breath holding while scuba diving, and I will not hold Guided Discoveries, INC (Catalina Island Marine Institute), Matthew H. Hess (Dive Director) and related entities (such as employees, instructors, certified assistants, boat operators or diver training agencies) responsible if I am injured doing so.

- _____ 5. I am aware that I will be diving with a buddy, and it will be our responsibility to plan our dive allowing for our diving limitations and the prevailing water conditions. This includes snorkeling/freediving, particularly at night. I will not hold the above listed individuals and parties responsible for my failure to safely plan my dive.

- _____ 6. I will inspect all of my equipment prior to the activity and will notify the above listed individuals if any of my equipment is not working properly. I will not hold the above listed individuals responsible for my failure to inspect my equipment prior to diving.

- _____ 7. I acknowledge that I am physically fit to scuba dive / snorkel, and I will not hold the above listed individuals responsible if I am injured as a result of heart, lung, ear or circulatory problems or other illnesses that occur while diving and or snorkeling.

- _____ 8. I understand that even though I follow all of the appropriate dive practices, there is still some risk of my sustaining decompression sickness, embolism or other hyperbaric injuries, and I expressly assume the risk of said injuries.

- _____ 9. I also expressly assume the risk and accept all responsibility to plan my dive and dive my plan.

- _____ 10. I also understand that scuba diving / snorkeling is a physically strenuous activity and that I will be exerting myself during this diving excursion, and then If I am injured as a result of a heart attack, panic, hyperventilation, etc., that I expressly assume the risk of said injuries and that I will not hold the above listed individuals responsible for the same.

- _____ 11. I also understand that on this open water diving trip, I will be at a remote site and that there will not be immediate medical care or hyperbaric care available to me and I expressly assume the risk of diving in such a remote spot.

- _____ 12. It is the intention of _____(Diver's name)
by this instrument to exempt and release Guided Discoveries, INC (Catalina Island Marine Institute), Matthew H. Hess (Dive Director) and all related entities as defined above from all liability whatsoever for personal injury, property damage, wrongful death caused by negligence.

I fully read and understand the contents of this information and am signing on behalf of myself or my heirs.

Signature of Diver

Date

SAFE DIVING PRACTICES

Not following the Safe Diving Practices may result in the loss of all of your scuba diving privileges!!

1. When in doubt about anything ... ASK!
2. Be certified by a nationally recognized SCUBA organization and have current dive insurance (i.e. DAN).
3. Maintain good physical (hydrated and healthy) and mental condition for diving. Only dive when feeling well. Do not use any intoxicating liquor or drugs before diving. Have a regular medical examination for diving.
4. Use correct, complete, well-maintained equipment: BC or BCD, pressure and depth gauge, alternative air source, bottom timer, which you check before each dive. Do not loan your equipment to a non-certified diver.
5. Control your buoyancy to make diving as easy as possible. Be prepared for emergencies: be comfortable ditching your weight belt, making an emergency ascent, clearing your mask or regulator, or taking other emergency actions. Remember in an emergency to STOP – BREATHE – THINK – ACT.
6. Never dive alone (diving in a threesome is discouraged). Know your limitations and those of your buddy. Always surface with 500 to 700 psi unless needed for an emergency.
7. Equalize early and often! Never hold your breath on SCUBA. Breathe continuously throughout a scuba dive. When snorkeling, avoid hyperventilating. Give yourself plenty of time to rest between dives.
8. Use a dive flag / float and surface close to it or swim close to shallow water and then surface.
9. Follow all dive table rules, and dive computers:
 - Plan your deepest dive first (never dive reverse profiles)
 - Safety Stop for 3 to 5 min. is mandatory for any dive deeper than 30 feet, and recommended for any dive done within the first 30 ft. All safety stops must be included in the dive time. Dive time starts when you leave the surface, until your return to the surface.
 - Never exceed 130 feet and never exceed 100 feet outside of Avalon Dive Park without prior approval from the dive director.
 - Avoid repetitive dives and always stay several feet / minutes away from dive limits.
 - Adjust for cold water or strenuous dives by diving more conservatively
 - Have an alternate dive plan for going deeper / longer than planned
 - Ascend slower than 30 ft / min. Plan for long surface intervals.
 - Don't fly or drive to altitude within 24 hours of a dive and avoid strenuous exercise before or 12 hrs after a dive.
10. If you are cold, tired and low on air or not feeling well, get out of the water – diving is no longer fun or safe. If any abnormality persists, notify the diving director, call DAN, get medical attention.
11. Only dive in areas similar to those you have been trained in, or seek additional training.
12. A “scuba check out” with the dive director or designated dive instructor is mandatory for any new staff.
13. No blue water diving or diving on the backside of Catalina Island.

I have read, understand and agree to follow all of the Safe Diving Practices set forth above.

Diver's signature: _____

Date: _____