Safety information for divers and snorkellers
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Safety information for certified divers

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.

Medical declaration for resort diving

To be completed and signed by resort diver
Completing this form is required by law before a person can do resort diving.

Personal details

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

- Asthma or wheezing
- Brain, spinal cord or nervous disorder
- Chest surgery
- Chronic bronchitis or persistent chest complaint
- Chronic sinus conditions
- Collapsed lung (pneumothorax)
- Diabetes mellitus (sugar diabetes)
- Ear surgery
- Epilepsy
- Fainting, seizures or blackouts
- Heart disease of any kind
- Recurrent ear problems when flying
- Tuberculosis or other long-term lung disease

Are you currently suffering from:

- Breathlessness
- Chronic ear discharge or infection
- High blood pressure
- Other illness or operation within the last month
- Perforated eardrum
- Are you currently taking any medicine or drug (excluding oral contraceptives)?
- Have you ingested any alcohol within the eight hours prior to diving?
- Are you pregnant?
- Do you understand that concealment of any condition incompatible with safe diving might put your life or health at risk?

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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 flotation 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?
- Est-ce que ça va?
- Alles OK?
- Stai bene?
- ¿Está bien?
- Ār du OK?
- Bạn có bình an hay không?
- Tu có yên ổn?
- Je vais bien
- Alles OK
- Sto bene
- Estoy bien
- Jag är OK
- Tôi bình an
- Я в порядке
- 괜찮습니까?

- I am ok but I need help
- Je vais bien, mais j’ai besoin d’aide
- OK, brauche aber Hilfe
- 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

- Distress needing help
- Détresse nécessitant de l’aide
- Notfall, brauche Hilfe
- En peligro, necesito ayuda
- Nödläge och behöver hjälp
- Trở về, tôi cần được giúp đỡ
- 도움이 필요한 위험 상황
Flotation device options — To make sure you are safe in the water, please:

Wear a snorkel vest

Porter un gilet de plongée avec tuba
Tragen Sie eine Schnorchelweste
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

Use a noodle or a life ring

Utiliser un flotteur ou une bouée de sauvetage

Utiliser un flotteur ou une bouée de sauvetage

Utiliser un flotteur ou une bouée de sauvetage

Utiliser un flotteur ou une bouée de sauvetage

Använda en flytorm eller livring

Sử dụng dây hay phao cứu hộ

Använda en flytorm eller livring

Använda en flytorm eller livring

Sử dụng dây hay phao cứu hộ

Använda en flytorm eller livring

Vоспользуйтесь спасательным кругом или брусом

누들이나 구명 부원 사용

Snorkel with a buddy

Schnorcheln Sie zusammen mit einem Partner

Faire de la plongée avec tuba avec un ami

Faire de la plongée avec tuba avec un ami

Faire de la plongée avec tuba avec un ami

Snorkel con un amico

Snorkel con un amico

Snorkel con un amico

Faire snorkelling con un amico

BAディと一緒にスノーケリングする

Faire snorkelling con un amico

Bucee con un compañero

Bucee con un compañero

Bucee con un compañero

親友と一緒にスノーケリングする

Bucee con un compañero

Use a noodle or a life ring

Utiliser un flotteur ou une bouée de sauvetage

Utiliser un flotteur ou une bouée de sauvetage

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Sử dụng dây hay phao cứu hộ

Använda en flytorm eller livring

Vоспользуйтесь спасательным кругом или брусом

누들이나 구명 부원 사용

Join a guided tour

Vous joindre à un tour organisé

Vous joindre à un tour organisé

Vous joindre à un tour organisé

Vous joindre à un tour organisé

Vous joindre à un tour organisé

Realice un paseo con guía

Delta i en guidad tur

Tham gia chuyến tham quan có người hướng dẫn

Prисоединитесь к группе под руководством инструктора

가이드 투어에 참여