

# 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 floatation device for support
- snorkel with a buddy.