

PART A



THE NATIONAL DIVING & ACTIVITY CENTRE BASIC SITE AND DIVING RULES VISITORS DECLARATION

PLEASE MAKE SURE YOU READ AND UNDERSTAND THE INFORMATION ABOUT THE SITE AND THE DEPTH OF WATER THAT IS AVAILABLE ON THE NOTICE BOARDS AROUND THE SITE. OUR DIVING RISK ASSESSMENT IS AVAILABLE FROM THE CENTRE OFFICE IF REQUIRED.

DECLARATION AND ACKNOWLEDGEMENT

■ I DECLARE THAT

- I will not undertake any dive in the centre unless I am qualified to complete the dive successfully and/or
- I am receiving appropriate instruction under supervision of a suitably qualified diver.
- I am medically fit to dive.

■ I ACKNOWLEDGE THAT

- I agree to abide the centres rules and recommendations.
- The centre is used entirely at my own risk, and that the site owners accept no responsibility for loss or damage to individuals or their property.
- The centre staff are not part of the emergency services, however they will respond in an emergency and assist to the best of their ability and competence.

NAME

HOME ADDRESS

EMERGENCY CONTACT NO.

VEHICLE REGISTRATION

EMAIL

SIGNED

DATE

Please tick appropriate boxes

DIVER NON-DIVER MEMBER NON-MEMBER

I would like to receive information from the National Diving & Activity Centre

YES NO

DIVING CAN BE DANGEROUS IF THE CORRECT METHODS ARE NOT USED, SOMETIME FATALLY.

ALL DIVERS HAVE THE RESPONSIBILITY FOR THEIR OWN SAFETY.

INSTRUCTORS, DIVE GUIDES, AND DIVING 'BUDDYS' HAVE A DUTY OF CARE FOR THOSE WHO ARE DIVING WITH THEM.

DIVERS ARE REMINDED THAT THEY HAVE THE RESPONSIBILITY FOR THE FIRST ACTIONS TO EFFECT A SUCCESSFUL RESCUE.

NDAC Ltd trading as The National Diving & Activity Centre
Registered in England & Wales under Company No: 5439080 VAT Reg No: 862 2829 10

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PART B

RESCUE AND FIRST AID PROCEDURES

The Centre staff will respond as quick as they can to any emergency on the site both in and out of the water.

In the event of an accident alert the staff immediately

UNDERWATER

Wherever possible, help them to the surface.

ON THE SURFACE

Raise the alarm **at once** by blowing a whistle, shouting and waving.

AT THE WATERS EDGE

If you see anyone in trouble, raise the alarm **at once** by blowing a whistle, shouting and waving, while someone else alerts the centre staff, stay where you are, monitoring the person in the water until the person in trouble has been reached.

Please follow all directions given by the centre staff.

An alarm button is located at the pontoon entry point.

RULES

- Always follow the centres rules and recommendations and the safe diving practices of your diving association, i.e. PADI, BS-AC, SAA etc.
- Please observe the various warning signs that are posted around the site,
- Always dive within your qualification.
- Do not dive solo, if you become separated, ascend.
- You must be at least 16 years old.
- All diving schools, instructors, and other divers who use the centre in an *“at work”* situation, (i.e. receive payment or some other form of favour), must operate within the requirements of the *“Diving at Work Regulations 1997”*
- Wear a buoyancy aid or suit at all times when in the water or on the pontoons.
- Plan your dive.
- When using any type of re-breather, use a SMB throughout the dive.
- Do not dispose of Sodalime or any other scrubber material on the site.
- **DO NOT RUN, WAVE OR BLOW WHISTLES** unless there is an emergency.
- Do not harm any wildlife on site, or damage any property on the site above or below the water.
- Do not leave children unsupervised at any time.
- All dogs must be under control, and you must clean up after them.
- Use the litter bins provided.
- Do not cause an obstruction with your car or equipment.
- Do not use portable compressors on the site.
- Climbing is not permitted on the site without the managers written authority.
- No diving below 50 metres on air or nitrox.
- No diving below 30 metres without a torch.
- No diving without a whistle.
- No diving below 30 metres unless wearing adequate thermal protection.
- Please use a Pony or other reserve cylinder below 30 metres.
- **Please ask the centre staff if you are unsure about anything on the site.**