**Intro Dive**

**Fitness to dive**

Sub-aqua diving is a sport that requires general physical fitness and good health. Anyone with a medical history of

* diabetes
* blackouts or epilepsy
* perforated eardrums
* high blood pressure
* heart disease
* lung or respiratory disorders, asthma
* chronic illness

may not be able to dive safely and so MUST seek specialist advice before

contemplating taking up this sport including a Intro Dive.

Intro Dives are available on the understanding that the persons taking part:

1. Consider themselves medically fit and do not suffer from any of the disqualifying conditions mentioned above.
2. Will, in the interest of safety, comply with all instructions given to them by the Instructor.
3. Are able to swim and be confident in the water.

The lowest age limit for participation in an Intro Dive is 10. The organisers are however at liberty to impose a limit of minimum age or stature, as they consider appropriate.

Every precaution will be taken for the safety of visitors and the club or school organising it reserves the right to terminate the session should there be reason to doubt fitness, ability or suitability to dive.

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| --- | --- | --- | --- |
| Name of Participant |  | | |
| E-mail |  | | |
| Telephone |  | Date of Birth |  |

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| --- | --- |
| **I certify that I comply with the terms (a), (b) and (c) above** | |
| Signature of Participant |  |
| Signature of Parent/Guardian (if participant is under 18) |  |
| Date |  |