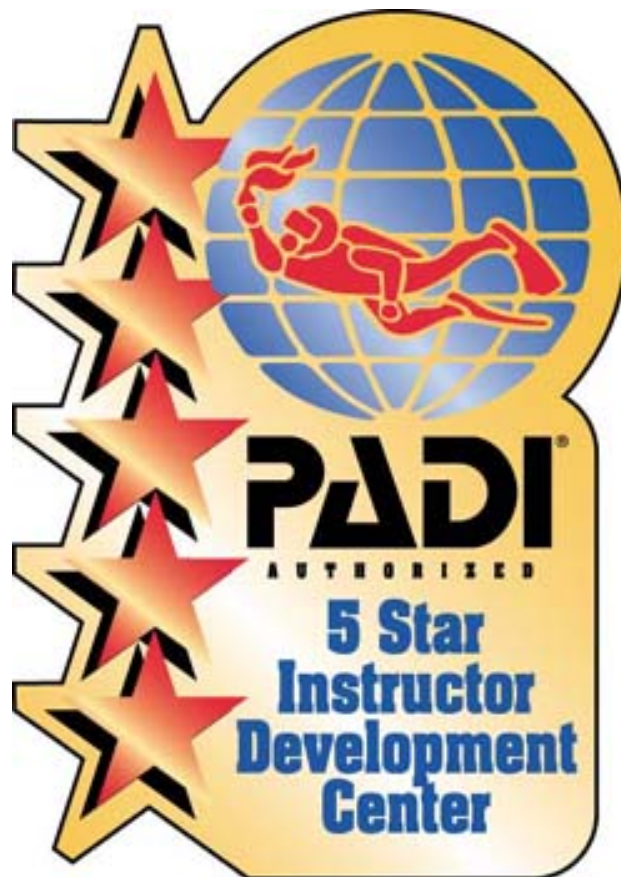


Your Open Water Training Dives Information Packet



D&M Sport Diving Inc.

Your "PADI 5 Star Instructor Development Center"

3651 Apache St. NW, Uniontown, Ohio, 44685

Phone: 330-699-1414 / Fax: 330-699-1450

www.dmscuba.com

Hi _____

You are scheduled for Open Water training on _____ at _____ at _____. Please arrive on time! If you have a problem, contact the dive store at least 72 hours, or as soon as possible, prior to your scheduled date. If you don't make it and don't cancel ahead of time, you will be charged for that day of training, before certification can proceed. The store will provide you with the equipment for open water training. You are responsible for picking up your gear and getting it to the quarry, as well as returning it promptly.

Pick-ups can be made between 3-7 pm the day before your training dives and must be returned, dry and clean, on the Monday following your training dives during regular store hours of 10 am – 7 pm.

Your cooperation is appreciated and helps us provide you with the best diving education possible. We are looking forward to working with you during your remaining open water training. See you there, rain or shine!

D & M Sport Diving, Inc.

*You will be responsible for the following fees during your Open water training:

- 2 days quarry admission (approx. \$10-15 per day)
- 3 airfills at the quarry (approx. \$5-7 per fill)
- Transportation
- Lodging
- Food & drinks

YOU'VE WORKED HARD TO PREPARE FOR THIS, AND NOW YOU'RE ABOUT TO MAKE A SERIES OF 4 SUPERVISED OPENWATER SCUBA DIVES THAT WILL LEAD TO YOUR PADI OPEN WATER SCUBA DIVER CERTIFICATION !!

This booklet will describe your dives, what to bring and what is required and expected and other things you should know. Please read it carefully !

These training dives help you make the transition from confined water to openwater. Thorough briefings will precede each dive. Open water diving provides many more variables than does a swimming pool, so it is important that you involve yourself with each day's dive planning, and apply all of the precautions that you have learned. It is extremely important to listen carefully to all instructions and directions.

Be on time for every dive, allowing plenty of time to locate the dive site. By their nature, most of the better dive sites are rather remote. Have your gear checked and ready ahead of time. Don't forget any of it at home! Don't put any equipment on until directed to do so by the divemaster or instructor.

Be sure to get a good nights rest prior to the dive, and avoid any alcohol consumption 12-hours before any diving. If you show up "hung-over" you will not be diving. The dives are not intended to be strenuous, however a full day of traveling and outdoor activity will demand your good condition. A good mood is also nice!

Don't be distressed if you seem anxious or nervous about your first dive. Most students are to some extent or another. It's a brand new world, and the equipment is all pretty new to you still. It is perfectly natural to need a few dives to get used to everything. You'll notice that each dive becomes more comfortable for you, just like each pool session did!

Most of the training dive sites have controlled access, and charge admission fees. This can range from \$10 - \$15. Though your guests are welcome at the sites, they are usually charged an admission fee even if they are not swimming or diving. Two-dive days are usually finished up by early evening. One thing for sure....diving makes you hungry, bring plenty of food and drink!

Students are to transport all of the dive equipment that they will be using. What you will need for each dive is detailed below. Since most of the dive sites are public, be reminded that you are responsible for your own equipment. Watch your valuables!

Unless the weather is hot, bring plenty of warm clothing. You will want to avoid getting chilled before the dive, and you will want to warm up after the dive! The air temperature is often cooler at the dive site than at home. Also, wind can really chill things down. Dress appropriately.

Check all of your gear before loading it at home. Is the tank full? Is the o-ring in place? Is the regulator OK? Don't forget your mask, fins and snorkel. Are all of the straps adjusted to fit over wetsuits, hoods and boots? Use the following checklist to load:

Scuba Gear

- Regulator / SPG
- Tank
- BCD
- Octopus
- Wetsuit
- Hood
- Gloves
- Boots
- Weight belt and weights
- Mask
- Fins
- Snorkel
- Depth gauge
- Compass
- Logbook
- Tables

Personal Gear

- Swimsuit
- Towels
- Extra dry clothes
- Sunglasses
- Money
- Lunch
- Drinks (non-alcoholic)
- Camping equipment (if applicable)

NOTE:

Students who are traveling to exotic destinations to finish their open water training dives, should arrange to get a Student Referral Form from their instructor. You will need this form to finish your training. The referral form costs \$25.00.

Each diving day begins with a “sit-down” briefing that lasts about 30 minutes, and ends with a debriefing and logbook signing. Please stay in the general areas for the entire period when ashore. Do not leave the quarry during training without the explicit consent of your Instructor. Food isn't a good enough reason !

Plan Your Dives

1. Check in and out of the water with the divemaster or instructor.
2. Discuss the specifics of the dive with your buddy before entry.
3. Check your dive table calculations. This is a very good practice.
4. Review pertinent hand signals with your buddy.
5. Familiarize yourself with your buddy's dive equipment as well as your own. If they can't help you...can you help them?
6. Check environmental conditions. Though the training dives are “rain or shine”, environmental conditions may affect your dive plan. Later, in sport diving, certain sets of conditions may well make it wise to delay or cancel a dive.
7. Have warm clothes, towels, and warm drinks ready for use immediately after a cool / cold dive.
8. Be sure that both you and your buddy clearly understand all the instructions for each dive, including any special assignments to be completed.

In Case of an Emergency

1. Stop and figure out calmly what the problem is (anxiety, buddy separation, out-of-air, cramps, over-exertion?).
2. Notify your instructor & buddy that a situation exists.
3. Resolve the problem thoughtfully. If you can't correct it underwater, swim to the surface under control.
4. Do not hold your breath while ascending. Look up with your head tilted back and your hand over your head.
5. At the surface, get positively buoyant, then resolve the problem.
6. If you need help or advise from shore, wave your hands above your head. If you are under control and OK, then give that signal.

Dive Your Plan

1. Use a safe entry and exit. Avoid mucking up the entry area.
2. Before ascending, look around the area to familiarize yourself with landmarks, shoreline, obstruction, etc.
3. Descend down a line or a ledge, for example, for the first few dives to judge your rate of descent. Control your descent.
4. Equalize your ears and sinuses often. Don't wait until it hurts !!
5. Always stay well within your no-decompression limits.
6. Maintain visual contact with your buddy at all times. Stay close enough to give them a hand if they need it. If you lose track of them, look for them for no more than 60 seconds and then surface. Your buddy should do the same and you can locate each other there.
7. Control your buoyancy. Use your BCD, not your fins, to do this. Strive to be neutrally buoyant when diving.
8. Check your depth, time and remaining air supply often.
9. End your dive with 300-500 psi remaining in your tank.
10. Swim a few feet about the bottom to avoid silting.
11. If you become tired or winded, stop and rest.

12. On the surface, inflate your BCD before attempting to talk to your buddy. Treading water with your head out to talk will tire you very quickly.
13. Keep your regulator or snorkel in your mouth when at the surface, except when talking, to prevent choking.
14. In cold weather, avoid getting in and out of the water indiscriminately or repeatedly standing up in shallow water. Both practices let the warmed water drain from your suit and carry more body heat away.
15. Remove your equipment in a centralized spot, not scattered around. Keep it organized. Rinse it thoroughly before re-packing it. In the case of muddy or sandy suiting up areas, it is very useful to use a "ground cover" to suit up on.
16. Don't eat a heavy meal between dives. A snack is fine, but save the big chow for after the diving.

Open Water Training Dives 1-4

It is almost time for your first open water training dive. As you make your first dive in the actual diving environment, you'll be getting your taste of what diving is all about while developing important skills. To help you have more fun on the dives, meet the performance requirements, and avoid wasting time at the dive site, please read the following performance requirements for Open Water Training Dives 1-4.

The skills and procedures you'll practice and use in each dive are listed in the previews for each dive. Before each dive, your instructor(s) will conduct a pre-dive briefing, informing you of the sequence of the skills and procedures to be accomplished. Your instructor(s) will also give you other important information, like communications signals, and environmental orientation, emergency procedures, safety rules and so on. Remember, after these dives, you'll be a PADI Open Water Diver!!

Dive Flexible Skills

1. Controlled Emergency Swimming Ascent (CESA)
2. Cramp Removal
3. Tired Diver Tow
4. 50 metre / yard straight line surface swim with compass
5. Snorkel / regulator exchange
6. Remove / replace weight system and scuba unit at surface
7. Underwater navigation with compass

Training Dive 1: Performance Requirements

1. Listen to and participate in the briefing and dive planning session for the dive.
2. Prepare, and with a buddy, don and adjust scuba equipment with minimal instructor / staff assistance.
3. Enter the water in a manner determined during the briefing.
4. Adjust weights so that you float at eye level, with an empty BCD, while holding a normal breath.
5. Descend in a controlled manner using a descent line or bottom contour for reference.
6. Under direct instructor supervision, explore underwater to gain experience.
7. Exit the water as determined during dive planning.
8. Attend the instructor's debriefing.
9. Log the dive for instructor signature.

Training Dive 2: Performance Requirements

1. Listen to and participate in the briefing and dive planning session for the dive.
2. Prepare, and with a buddy, don and adjust scuba equipment with minimal instructor / staff assistance.
3. With a buddy, perform the pre-dive safety check.
4. Enter the water in a manner determined during the briefing.
5. Adjust the weight so that the student floats at eye level, with an empty BCD, while holding a normal breath.
6. Using the five-point method, descend in a controlled manner using a descent line or bottom contour for reference to a depth not greater than 40 feet.
7. Achieve neutral buoyancy by inflating the BCD with the low-pressure inflator and, through lung volume change while breathing, pivot on the fin tips or if appropriate, another body contact point.
8. Clear a mask that has been partially flooded.
9. Clear a mask that has been fully flooded.
10. Recover and clear a regulator at depth.
11. In a stationary position, secure and breathe from an alternate air source supplied by another diver. Students should alternate roles and act as both donor and receiver.
12. Ascend properly using an alternate air source as either the donor or receiver and establish positive buoyancy at the surface.

13. Explore underwater to gain experience.
14. Using the five-point method, ascend at a rate no faster than 60 feet per minute, while maintaining buddy contact.
15. Establish buoyancy at the surface by removing weights using the quick release mechanism of the weight system.
16. Exit the water as determined during dive planning.
17. Attend the instructor's debriefing.
18. Log the dive for instructor signature.

Training Dive 3: Performance Requirements

1. Listen to and participate in the briefing and dive planning session for the dive.
2. Prepare, and with a buddy, don and adjust scuba equipment with minimal instructor / staff assistance.
3. With a buddy, perform the pre-dive safety check.
4. Enter the water in a manner determined during the briefing.
5. Adjust the weight so that the student floats at eye level, with an empty BCD, while holding a normal breath.
6. Using the five-point method, descend in a controlled manner to 20-30 feet using a visual reference only.
7. Achieve neutral buoyancy by inflating the BCD (orally) and through lung volume change while breathing, pivot on the fin tips or if appropriate, another body contact point.
8. Clear a mask that has been fully flooded.
9. Explore underwater to gain experience.
10. Using the five-point method, ascend at a rate no faster than 60 feet per minute, while maintaining buddy contact.
11. Exit the water as determined during dive planning.
12. Attend the instructor's debriefing.
13. Log the dive for instructor signature.

Training Dive 4: Performance Requirements

1. Listen to and participate in the briefing and dive planning session for the dive.
2. Prepare, and with a buddy, don and adjust scuba equipment with minimal instructor / staff assistance.
3. With a buddy, perform the pre-dive safety check.
4. Enter the water in a manner determined during the briefing.
5. Adjust the weight so that the student floats at eye level, with an empty BCD, while holding a normal breath.
6. Using the five-point method, perform a descent with no visual reference to a depth no greater than 60 feet.
7. Achieve neutral buoyancy and hover in mid-water using only buoyancy control and without swimming, sculling or using fins.
8. Remove, replace and clear a mask while underwater.
9. Explore underwater to gain experience.
10. Using the five-point method, ascend at a rate no faster than 60 feet per minute, while maintaining buddy contact.
11. Exit the water as determined during dive planning.
12. Attend the instructor's debriefing.
13. Log the dive for instructor signature.

WHAT'S NEXT ??

Now... get in some underwater hours !! Remember, the time that you spend underwater is not deducted from your life span! Enhance your confidence and ability by DIVING. You'll get more used to the gear with each dive, and suiting up gets easier and easier with each dive. Enroll in the next Advanced Open Water Class and more than double your open water experience in one weekend.

We recommend that you investigate our dive club as well. Being an active club member can provide you with many diving opportunities and buddies, plus you can save money on diving too! We meet the third Thursday of each month at 7:30 pm at Menches Brothers in the Shops of Green.

Eventually, if you feel that you want to become a PADI Divemaster, Instructor, technical diver or learn advanced or specialized skills, such as underwater photography, check into D&M's Continuing Education Programs. You can take your diving career as far as you want!

One thing is for sure, your life will never be the same. You have become that 1 person out of 100 who is capable of visiting the wonders of the underwater world! CONGRATULATIONS !!

HAPPY BUBBLES,
D&M SPORT DIVING, INC.

WHITE STAR QUARRY

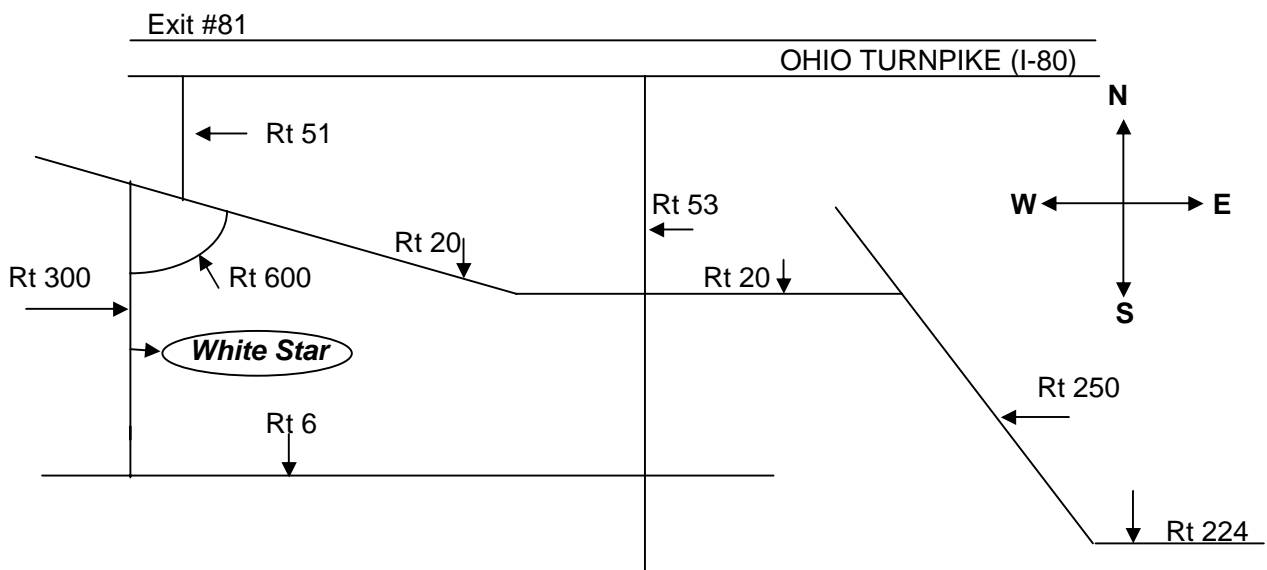
DIRECTIONS:

Rt. 224 west to Rt. 250 west (right) to Rt. 20 west to Rt. 53 south to Rt. 6 west to Rt. 300 north to quarry.

ALTERNATE ROUTES:

A) I-80 west to exit 81 (Rt. 51) south to Rt. 20 west to Rt. 300 south to quarry.

B) Rt. 224 west to Rt. 250 west (right) to Rt. 20 west to Rt. 600, left to Rt. 300 south to quarry.



General Information:

Traveling time from Akron : 2 hours 15 minutes.

Telephone Number: 419-334-4495 (Sandusky Country Park District)

Quarry Divers Telephone Number: 419-637-7911

Admission: \$10.00

Air Fills: Approximately \$6.00

Camping: \$10.00 per campsite / or \$20.00 per campsite for electric/water hookup

\$5.00 per dump fee in addition to electric/water hookup campsite

Note: Prices are subject to change

Quarry Type: Limestone

Depth : Average --- 50 feet

Maximum --- 75-80 feet

Visibility: Average --- 10-15 feet

Maximum --- 20 feet

Marine Life: Goldfish, carp, bass, bluegill, trout & turtles.

Attractions: Natural surroundings, 50 foot "Walls" , crusher building and adjacent tunnel.

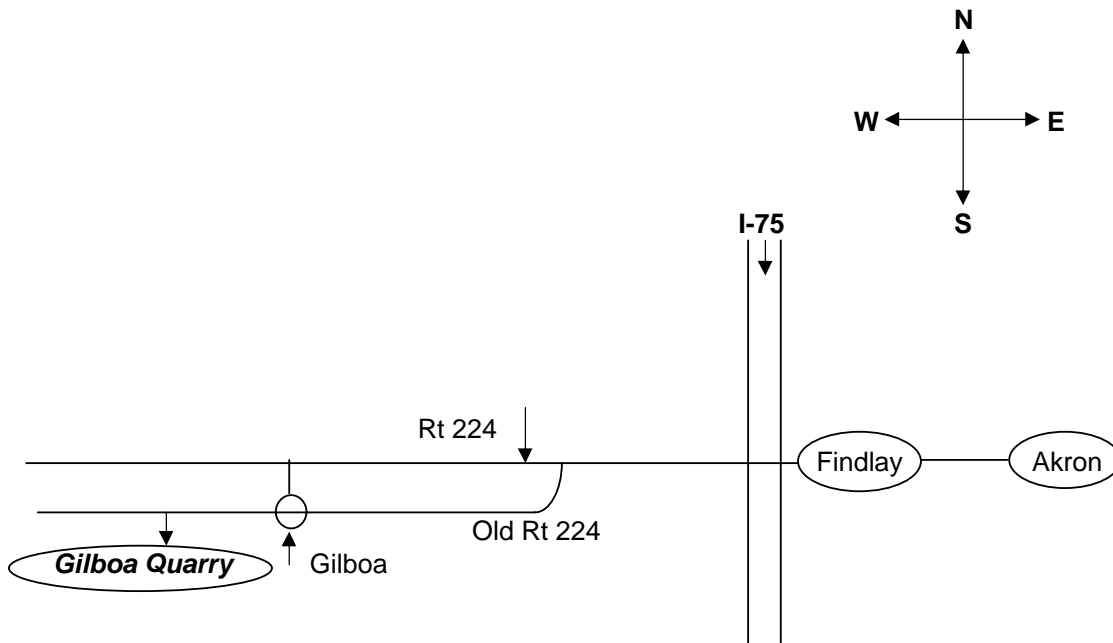
Rating: Very enjoyable dive in some of Ohio's cleanest water. Fish - life is scarce.

Advanced dive into the crusher building and tunnel. Suitable for all certification levels elsewhere.

GILBOA QUARRY

DIRECTIONS:

Rt. 224 west to Old Rt. 224 (11.5 miles past I-75) thru Gilboa to quarry



General Information:

Traveling time from Akron : 3 hours

Telephone Number: (419) 456-3300

Register at the office upon arrival, present your C-Card.

Admission = \$12.00 per day and \$6.00 per day for non-divers

Camping = \$8.00 per person and an additional \$15.00 per night for electrical hook up

Airfills = \$7.00 / Nitrox up to 40% - \$12.00 / Nitrox over 40% - \$15.00

Note: Prices are subject to change

Check out their website for complete details:

www.divegilboa.com

Refreshments are also available!

Quarry Type: Limestone

Depth Shallow side --- 15-40 feet

Deep side --- Vertical wall to 130 feet

Visiblity: 15 to 40 feet (dependent on number of divers)

Marine Life: Rainbow trout, rock bass, large mouth bass, smallmouth bass, bullhead catfish, channel catfish, carp, bluegill, yellow perch, dogfish, walleye pike, and the very rare & elusive paddlefish.

Attractions: The plentiful marine life, school bus, van and a couple of small boats.

Rating: Very enjoyable diving in one of Ohio's best visibility, best marine life quarries. Due to its depths of 130 feet, advanced certification is required past 60 feet of depth. Open-water certification for the remainder of the quarry.

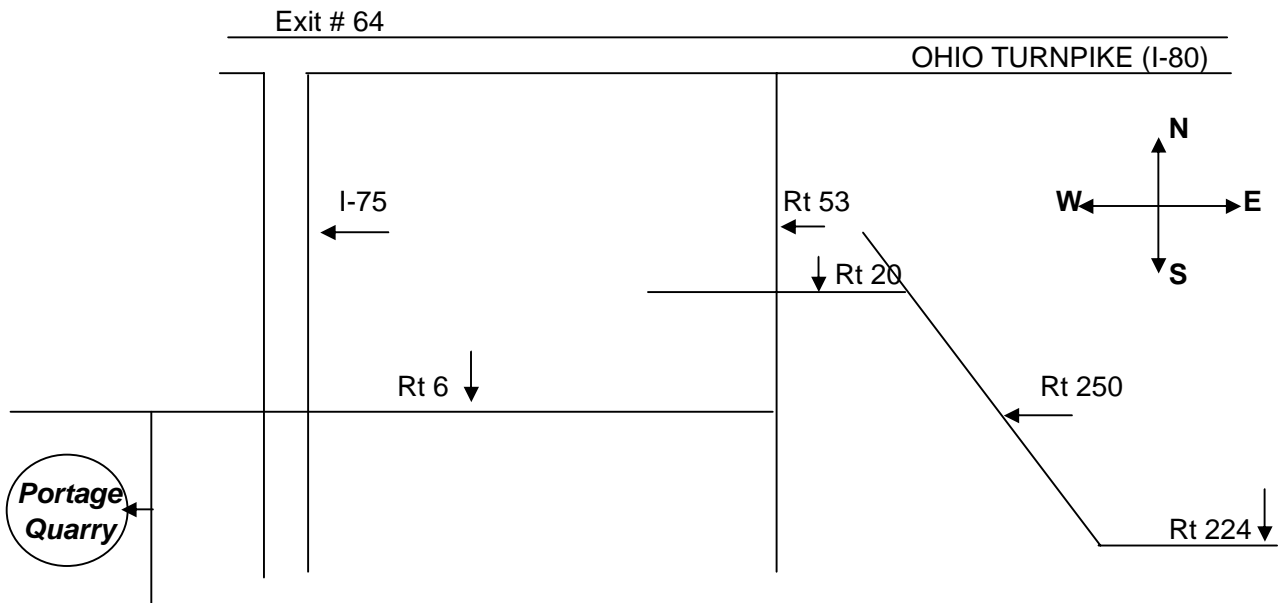
PORTAGE QUARRY

DIRECTIONS:

Rt. 224 west to Rt. 250 west (right) to Rt. 20 west to Rt. 53 south to Rt. 6 west Rt. 25 (Just past I-75). Turn left onto Rt. 25. Quarry is about 1 mile on the right.

ALTERNATE ROUTES:

A) I-80 west to exit 64 (Rt. 75) south Rt. 6 west to Rt. 25 south to quarry



Check out their website for complete details:

www.portagequarry.com

General Information:

Traveling time from Akron : 2 hours 30 minutes.

Telephone Number: (419) 352-9203

Admission: \$10.00

Air Fills: \$6.00 - \$7.00

Nitrox fills also available!!

Camping: \$4.00 per person / Children - \$3.00 per child

Note: Prices are subject to change

Quarry Type: Limestone

Depth : Average --- 10 to 12 feet

Maximum --- 60 feet

Maximum --- 20 feet

Marine Life: Bass, Bluegill, rumors of pike and muskies.

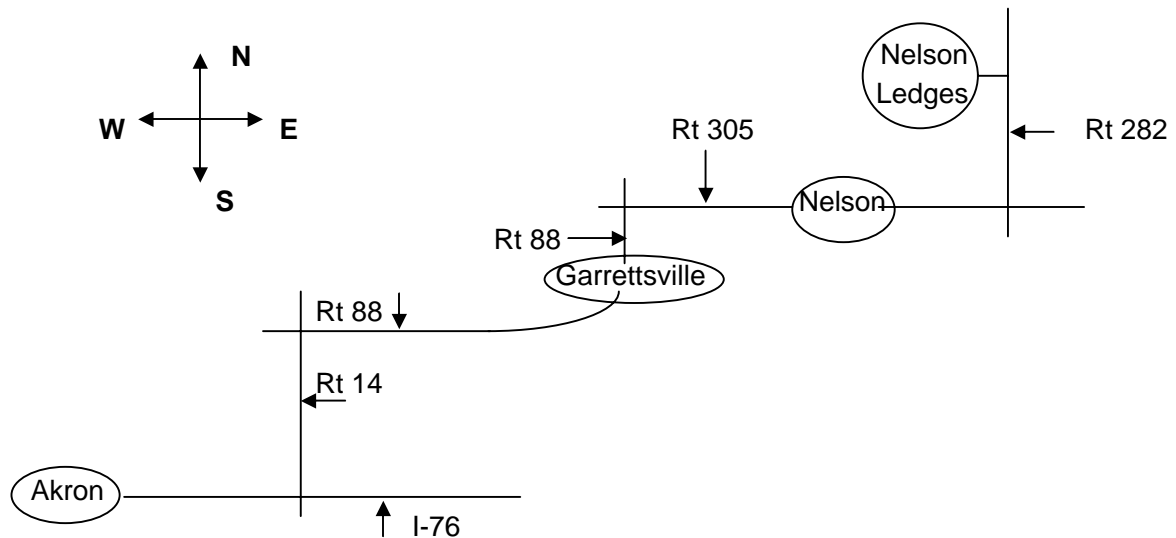
Attractions: The bottom is littered with toys for divers to play with. Cars, boats, a school bus, an ice cream truck, weighing scales, an airplane, and a submerged farm silo.

Rating: Very enjoyable dive. Fish - life is scarce. Due to its depth, advanced certification is required in the deeper portions of the quarry. Open water certification is suitable for most of the sites. Stay out of the silo! Divers have died inside in the past.

NELSONS LEDGES QUARRY PARK

DIRECTIONS:

Take I-76 East to Rt. 14 North (left) to Rt 88 (light). Turn right onto Rt. 88 and continue through Garrettsville to Rt. 305 Right (flasher light). Continue on 305 through the circle at Nelson to Rt. 282 (at the bottom of the big hill). Turn left onto Rt. 282. Quarry is about 1/2 mile on the left hand side. Look for the brick building. You will need to sign in at the entrance.



General Information:

Traveling time from Akron : 1 hour

Telephone Number: 216-548-2716

Register at the office upon arrival, present your C-Card.

Admission = \$5.00 per day.

Camping = Primitive camping available

Note: Prices are subject to change

Check out their website for complete details:

www.nlqp.com

NO GLASS BOTTLES ALLOWED!

Quarry Type: Silica

Depth Average - 15-20 feet

Max. - 35 feet

Visibility: Average - 5 - 10 feet

Max. - 15 feet

Marine Life: Bass, bluegill, crappie, clams and snails abound. Occasionally a turtle, and freshwater jellyfish some years.

Attractions: Several boats of various sizes, a pickup truck, several cars, and a safe.

Underwater ledges and cliffs are very beautiful.

Rating: Not the best visibility in Ohio, but because of its proximity and the abundance of marine life, it is an enjoyable dive for all levels of experience.

Hotels near White Star & Portage

(Also about 45 min drive to Gilboa)

Ramada Inn Suites
Downtown Toledo
141 North Summit Street
Toledo Oh 43604
419-242-8885

Travelodge
1750 Cedar St
Fremont, Oh 43420
419-334-9517

Days Inns
1550 East Wooster St/I-75
Bowling Green Oh 43402
419-352-5211

Holiday Inn
3422 Port Clinton Road
Fremont, Oh 43420
419-334-2682

Quality Inns
1630 E. Wooster St.
Bowling Green Oh 43402
419-352-2521

Days Inn
3701 North State Route 53
Fremont, Oh 43420
419-334-9551

Best Western Intl
1450 E. Wooster St.
Bowling Green Oh 43402
419-352-4671

Comfort Inn
840 Sean Drive
Fremont, Oh 43420
419-355-9300

Hampton Inns
142 Campbell Hill Road
Bowling Green Oh 43402
419-353-3464

Red Roof Inn
1363 W Mcpherson Hwy
Clyde, Oh 43420
419-547-6660

Buckeye Budget Motel
Bowling Green
419-352-1520

Hotels near Gilboa Quarry

(These are also approximately 35-40 min drive from Portage and White Star)

Roadway Inn Findlay
1901 Broad Ave.
Findlay Oh 45840
419-424-1133

Country Hearth Inn
1020 Interstate Court
Findlay Oh 45840
419-424-9940

Econolodge
316 Emma St.
Findlay, Oh 45840
419-422-0154

Fairfield Findlay
2000 Tiffen Avenue
Findlay Oh 45839

Cross Country Findlay
1951 Broad Avenue
Findlay Ohio 45840

Hampton Inn Findlay
921 Interstate Drive
Findlay Oh 45840
419-422-5252

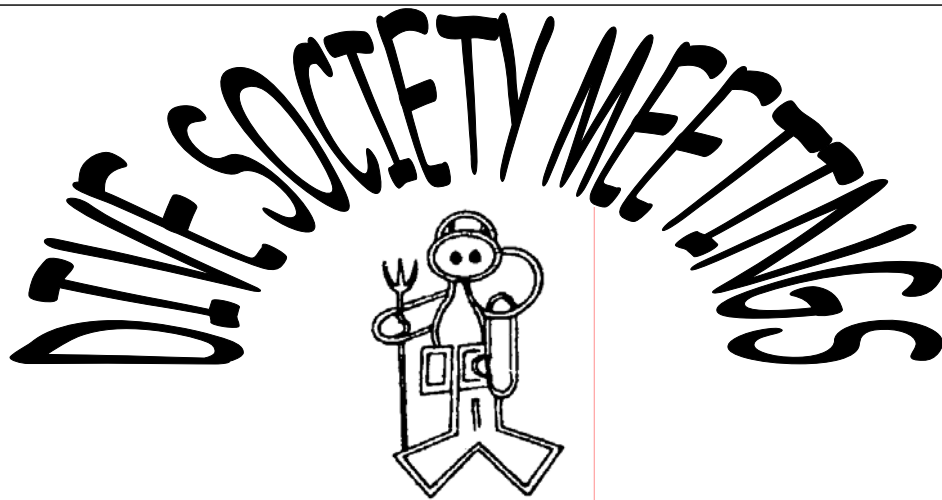
Ramada Inns
820 Trenton Avenue
Findlay Oh 45840
419-423-8212

Holiday Inns
941 Interstate Drive
Findlay Oh 45840
419-420-1776

Days Inns
1305 West Main Cross
Findlay Oh 45840
419-423-7171

Hawthorn Findlay
2355 Tiffin Ave
Findlay Oh 45840
419-422-8863

Super 8 Findlay Oh
1600 Fox Street
Findlay Oh 45840-2708



**3RD THURSDAY OF EVERY MONTH
7:30 PM**

**Menches Brothers Restaurant & Pub
3700 Massillon Rd**

Located in the Shoppe's of Green Plaza
PLEASE COME JOIN US!

**THE D & M SPORT DIVING
SOCIETY**

*WOULD YOU BE INTERESTED IN HAVING THE OPPORTUNITY TO SEE FILMS, SLIDE SHOWS, AND HEAR PRESENTATIONS GIVEN BY EXPERTS IN THE FIELD OF DIVING?

*MAYBE YOU WANT TO FIND DIVE BUDDIES TO DIVE MORE OFTEN?

*DO YOU WANT OPPORTUNITIES TO KEEP ACTIVE?

*ARE YOU INTERESTED IN DIVE TRAVEL, NEAR AND FAR?

*DON'T FORGET ABOUT ALL OUR LOCAL QUARRY FAVORITES WE DIVE.

*D & M SPORT DIVING SOCIETY WILL GIVE YOU THE CHANCE TO
GAIN EXPERIENCE AND HAVE FUN DIVING.

*D&M SPORT DIVING SPONSORS AN ORGANIZATION DESIGNED TO HELP YOU GET THE MOST
ENJOYMENT POSSIBLE OUT OF YOUR SCUBA DIVING.

APPLICATION FORMS ARE AVAILABLE AT D & M SPORT DIVING
DIVE SOCIETY DUES ARE NOW NO CHARGE !!!



STANDARD SAFE DIVING PRACTICES STATEMENT OF UNDERSTANDING

Please read carefully before signing.

This is a statement in which you are informed of the established safe diving practices for skin and scuba diving. These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety in diving. Your signature on this statement is required as proof that you are aware of these safe diving practices. Read and discuss the statement prior to signing it. If you are a minor, this form must also be signed by a parent or guardian.

I, _____, understand that as a diver I should:
(Print Name)

1. Maintain good mental and physical fitness for diving. Avoid being under the influence of alcohol or dangerous drugs when diving. Keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of diving inactivity.
2. Be familiar with my dive sites. If not, obtain a formal diving orientation from a knowledgeable, local source. If diving conditions are worse than those in which I am experienced, postpone diving or select an alternate site with better conditions. Engage only in diving activities consistent with my training and experience. Do not engage in cave or technical diving unless specifically trained to do so.
3. Use complete, well-maintained, reliable equipment with which I am familiar; and inspect it for correct fit and function prior to each dive. Deny use of my equipment to uncertified divers. Always have a buoyancy control device and submersible pressure gauge when scuba diving. Recognize the desirability of an alternate air source and a low-pressure buoyancy control inflation system.
4. Listen carefully to dive briefings and directions and respect the advice of those supervising my diving activities. Recognize that additional training is recommended for participation in specialty diving activities, in other geographic areas and after periods of inactivity that exceed six months.
5. Adhere to the buddy system throughout every dive. Plan dives – including communications, procedures for reuniting in case of separation and emergency procedures – with my buddy.
6. Be proficient in dive table usage. Make all dives no decompression dives and allow a margin of safety. Have a means to monitor depth and time underwater. Limit maximum depth to my level of training and experience. Ascend at a rate of not more than 18 metres/60 feet per minute. Be a **SAFE** diver – **S**lowly **A**scend **F**rom **E**very dive. Make a safety stop as an added precaution, usually at 5 metres/15 feet for three minutes or longer.
7. Maintain proper buoyancy. Adjust weighting at the surface for neutral buoyancy with no air in my buoyancy control device. Maintain neutral buoyancy while underwater. Be buoyant for surface swimming and resting. Have weights clear for easy removal, and establish buoyancy when in distress while diving.
8. Breathe properly for diving. Never breath-hold or skip-breathe when breathing compressed air, and avoid excessive hyperventilation when breath-hold diving. Avoid overexertion while in and underwater and dive within my limitations.
9. Use a boat, float or other surface support station, whenever feasible.
10. Know and obey local dive laws and regulations, including fish and game and dive flag laws.

I have read the above statements and have had any questions answered to my satisfaction. I understand the importance and purposes of these established practices. I recognize they are for my own safety and well-being, and that failure to adhere to them can place me in jeopardy when diving.

Participant's Signature

Date (Day/Month/Year)

Signature of Parent or Guardian (where applicable)

Date (Day/Month/Year)