

MEDICAL FORM

This form must be completed by any person wishing to engage in scuba diving.

SURNAME: Given name:.....

Date of birth: Place of birth:.....

Street/n°:

City/Country: Zip code: Tel: Mobile:

Nationality: Dive qualification: Email :.....

Have you ever had or do you currently have any of the following conditions (tick the corresponding box(es)) :

- | | |
|---|--|
| <input type="checkbox"/> Character or neurotic disorders | <input type="checkbox"/> Dizzy spells |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Vascular malformations |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Chronic obstructive pulmonary disease |
| <input type="checkbox"/> Chronic asthma | <input type="checkbox"/> Pulmonary emphysema |
| <input type="checkbox"/> Pneumothorax (collapsed lung) | <input type="checkbox"/> Permanent tachycardia > 100 bpm |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Angina or heart attack |
| <input type="checkbox"/> Heart rhythm disorders | <input type="checkbox"/> Wearing of a pacemaker |
| <input type="checkbox"/> Recent surgery | <input type="checkbox"/> Any dive accident |
| <input type="checkbox"/> Retinal detachment | <input type="checkbox"/> Glaucoma |
| <input type="checkbox"/> Hernia | <input type="checkbox"/> Colon diseases |
| <input type="checkbox"/> Severe short-sightedness (myopia) | <input type="checkbox"/> chronic dry or suppurative otitis |
| <input type="checkbox"/> Eardrum perforation | <input type="checkbox"/> Nose/sinus infection |
| <input type="checkbox"/> Lumbar sciatica | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Head injury with loss of consciousness | <input type="checkbox"/> Are you currently pregnant? |

If any of the above items applies to you, we request that you obtain a medical certificate prior to engaging in scuba diving.

Having ticked none of the boxes above, I hereby declare that the information I have provided is accurate and that, to my knowledge, I do not suffer from any of the conditions referred to in this medical form.

The list above is provided on a solely indicative basis and shall not be regarded as all-inclusive. Please indicate any other health condition you may be currently suffering from:

Should there be any disagreement about said condition, the dive supervisor shall ultimately decide whether to authorize the dives. I hereby acknowledge that ABYSS PLONGEE Dive Center has fulfilled its obligations having duly enquired about my health status and possible conditions incompatible with scuba diving.

Are you allergic to aspirin: YES NO

Please note that **ABYSS Plongée Dive Center** insures its divers against civil liability. However, you are strongly recommended to subscribe to a **personal insurance policy** that provides coverage in case of a dive accident. You can subscribe online to such a policy with Divers Alert Network (DAN) at www.daneurope.org

Safety instruction reminder

Before diving :

- I confirm that I am in good physical condition, rested, do not have a cold, have not consumed alcohol and/or any drugs that may affect my ability to safely dive..

Equipment :

- Check that your diving tank is properly opened and has a minimum of 200 bars of pressure.

Lowering

- Always check that nobody is behind you and inflate your buoyancy control device (BCD) before going in the water backwards.

Descent :

- never start diving winded or out of breath
- empty your BCD
- do not go down faster than your instructor
- follow the anchor line and hold it if needed
- **equalize regularly your inner ear all way down, never force**
- If you feel a discomfort, go up until it disappears and try to equalize again your inner ear
- Blow with your nose to equalize the pressure inside your mask

When you are diving :

- Stay together with your buddy or instructor (maximum 2 meters from your diving buddy)
- Always stay at the depth of your instructor (not under, not over)
- Check your air gauge regularly
- Report to your instructor when you reach 100 bars and 50 bars
- Report to your instructor if you are cold
- If you lose sight of the group : look around yourself (360°) etc try to notice where the air bubbles of your group are, if you do not see anything go up slowly controlling the ascent speed. Before the surface, do a last 360° to control that there is no danger (boats, boards etc) above you. When you reach the surface, inflate your BCD, keep your regulator in mouth, mask on your face and wait for your instructor.
- If your instructor needs to assist and go up to the surface with another diver in need, every diver of the group has also to go up.
- Never stay alone underwater
- It is strictly forbidden to catch anything sea life underwater (dead or alive)
- Do not disturb marine fauna and don't touch anything.

Ascent :

- Respect the ascent speed following the smallest bubbles or the speed indicated on your diving computer
- Never go up faster than your instructor
- Never equalize your inner ear when you go up
- **Never stop breathing especially when you go up**
- Do a safety stop of 3 minutes between 3 and 5 meters depth
- When you reach the surface, inflate your BCD and keep your regulator in mouth

Ascent aboard the boat :

- Keep your fins on when you climb on the ladder
- Never stay behind a diver on the ladder in case of fall, wait until they have boarded and stepped into the boat.

After diving :

- If you feel bad or just uncomfortable, let it know to your instructor as soon as possible.
- In the 18 hours after your last dive : **DO NOT : travel by plane, go to a high altitude, play strenuous sports or participate in free diving.**
- Drink at least 1.5 litres of still water in the few hours after diving to re hydrate.

Diving is an activity that composes some risks, it is very important to respect all the safety instructions and refresh your skills regularly.

Date :

Signature :