

**NO CORRECTIONS PERMITTED, IF YOU MAKE A MISTAKE. PLEASE START OVER**

**SDI Scuba Discovery: Safe Diving Practices**

These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety in diving.

I understand that upon completing the SDI Scuba Discovery program, I will not be qualified to dive independently without a certified professional guiding me.

To equalize my ears and air spaces, I will need to blow gently against pinched nostrils every metre/few feet while descending.

If I have discomfort in my ears or sinuses during descent, I should stop my descent and alert the dive leader.

Underwater, I should continuously breathe normally and NEVER HOLD MY BREATH.

I should respect underwater life and not touch, tease or harass an underwater organism since it may harm me, or I may harm it.

I can seek further training from any SDI Facility, Resort and instructor to become certified to dive without a professional dive guide.

**SDI LIABILITY RELEASE AND EXPRESS ASSUMPTION OF RISK**

**YOUR NAME**

I, \_\_\_\_\_, hereby affirm that I have been advised and thoroughly informed of the inherent hazards of scuba diving activities.

**PLEASE READ THE FOLLOWING STATEMENT and INTAL NEXT TO EACH PARAGRAPH**

Further, I understand that diving with compressed air involves certain inherent risks including decompression sickness, embolism, marine life injuries or other barotrauma/hyperbaric injuries can occur that require treatment in a recompression chamber. I further understand that the diving trips that are necessary for training, may be conducted at a site that is remote, either by time of distance or both, from such a recompression chamber. I still choose to proceed with such instructional dives in spite of the possible absence of a recompression chamber in proximity to the dive site.

I understand and agree that neither my instructor(s) \_\_\_\_\_ the facility through \_\_\_\_\_ which I received my instruction, **1 877 SCUBA USA**

International Training and Scuba Diving International, nor the officers, directors, shareholders, affiliated companies, employees, agents, or assigns of the above listed entities and/or individuals, nor the authors of any materials including texts and tables expressly used for training and certification (hereinafter referred to as "Released Parties") may be held liable or responsible in anyway for any injury, death, or other damages to me or my family, heirs, or assigns that may occur as a result of my participation in this diving class or as a result of the negligence of any party, including the Released Parties, whether passive or active.

In consideration of being allowed to enroll in this course, I hereby personally assume all risks in connection with said course, for any harm, injury, or damage that may befall me while I am enrolled as a student of this course, including all risks connected therewith, whether foreseen or unforeseen.

I further agree to save, defend, indemnify, and hold harmless the Released Parties from any claim or lawsuit by me, anyone purporting to act on my behalf, my family, estate, heirs or assigns, arising directly or indirectly out of my enrollment and participation in this course including claims arising during the course even if such claims may be groundless, false or fraudulent.

**SDI LIABILITY RELEASE AND EXPRESS ASSUMPTION OF RISK CONT.**

**PLEASE READ THE FOLLOWING STATEMENT and INTAL NEXT TO EACH PARAGRAPH**

I also understand that diving activities are physically strenuous and that I will be exerting myself during this diving course, and that if I am injured as a result of heart attack, panic, hyperventilation, drowning, etc. that I expressly assume the risk of said injuries and that I will not hold the above listed individuals or companies responsible for the same, and I agree to defend, indemnify, and hold harmless the Released Parties for any such injuries incurred by me.

I understand that these activities may place me deeper than I am able to safely execute a free (without breathing gas) ascent from.

I further state that I am of lawful age and legally competent to sign this liability release, or that I have acquired the written consent of my parent or guardian.

I understand that the terms herein are contractual and not a mere recital, and that I have signed this document of my own free act. Further that I understand and agree that, in the event that one or more of the provisions of this agreement, for any reason, is held by a court of competent jurisdiction to be invalid or unenforceable in any respect, such invalidity, illegality or unenforceability shall not affect any other provision hereof, and this agreement shall be construed as if such invalid, illegal or unenforceable provision or provisions had never been contained herein.

**YOUR NAME**

It is the intention of \_\_\_\_\_ by this instrument to exempt and release the dive professionals conducting this activity, the facility through which this activity is conducted, INTERNATIONAL TRAINING, AND SCUBA DIVING INTERNATIONAL, AND ALL OTHER RELATED ENTITIES AND RELEASED PARTIES AS DEFINED ABOVE, from all liability or responsibility whatsoever for personal injury, property damage or wrongful death however caused, or arising out of, directly or indirectly, including, but not limited to, the negligence of the released parties, whether passive or active. I have fully informed myself of the contents of this liability release and express assumption of risk by reading it before signing it on behalf of myself and my heirs.

**Participant Signature**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Date**

**Parent/Guardian Signature (where applicable)**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Date**

**Witness Signature**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
**Date**

**Emergency Contact Information**

**Name** \_\_\_\_\_

**Relationship** \_\_\_\_\_ **Phone** \_\_\_\_\_

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**\*PRINTOUT and BRING YOUR FORM(Not this sample)**