

## **Rocky Mountain and Pacific Aquatics Good Diving Practices Agreement**

Once certified I will adhere to the following good diving practices:

1. I will maintain good mental and physical fitness for diving: This involves avoiding being under the influence of alcohol or drugs when diving. Divers must keep proficient in diving skills, striving to increase them through continuing education and reviewing them in controlled conditions after inactivity in diving. Divers must refrain from smoking due to the problems that it can cause in relation to having clear air passages in the lungs.
2. I will be familiar with dive sites: If I am not familiar with a site, I will obtain a formal diving orientation from a knowledgeable, local source. If diving conditions are worse than those in which I am experienced I will postpone diving or select an alternate site with better conditions. I will engage only in diving activities consistent with my training and experience.
3. I will use complete, well-maintained and reliable equipment, with which I am familiar; and inspect it for correct fit and function prior to each dive. I WILL DENY USE OF MY EQUIPMENT TO UNCERTIFIED DIVERS. I will always have a buoyancy control device and submersible pressure gauge when scuba diving and will use an alternate source of air as well as a low-pressure buoyancy control inflation system.
4. I will adhere to the buddy system throughout every dive. I will plan my dives, including communications, procedures for reuniting in case of separation and emergency procedures with my buddy.
5. I will be proficient in dive table usage. I will make only no-decompression dives and allow a margin of safety. I will have a means to monitor depth and time under water. I will limit my maximum depth to my level of training and experience – never to exceed 99 feet. I will always ascend at a rate of 60 feet per minute or slower.
6. I will maintain proper buoyancy. I will adjust my weights at the surface for neutral buoyancy with no air in my buoyancy control device. I will maintain neutral buoyancy while under water. I will be clearly buoyant for surface swimming and resting. I will have my weights clear for easy removal, and establish buoyancy when in distress while diving.
7. I will breathe properly for diving. I will never hold my breath when on SCUBA and avoid excessive hyperventilation when skin diving. I will avoid overexertion while in and under the water and dive within my limitations.
8. I will use a boat, float, or other surface support station and will know and obey local diving laws and regulations, including fish and game and dive flag laws.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_