



TO BE A GOOD, SAFE DIVER, I SHOULD ALWAYS:

- ⇒ Maintain good mental and physical fitness for diving. Never be under the influence of alcohol or drugs when diving.
- ⇒ Keep proficient in diving skills, striving to increase them through continuous education and reviewing them in controlled conditions (pool refreshers) after inactivity in diving.
- ⇒ 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 scuba training and/or experience & fitness level.
- ⇒ 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. Complete a Dive Buddy Equipment Check before diving. Always have a buoyancy compensation device (BC) and submersible pressure gauge + bottom timer/computer.
- ⇒ Listen carefully to dive briefings and directions and respect the advice provided of those supervising my diving activities.
- ⇒ Adhere to the buddy-system throughout every dive. Plan dives & go over all communications, complete buddy gear checks, go over procedures for reuniting in case of separation plus emergency procedures – with my buddy.
- ⇒ Be proficient in dive table usage. Make & allow for 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 not faster than 30 feet per minute. In addition, a safety stop of not less than 15 feet for at least 3-5 minutes (or longer) highly recommended after every non-decompression dive. *Maintain proper buoyancy.*
- ⇒ *Adjust weight at the surface for neutral buoyancy while under-water. Be buoyant for surface swimming and resting. Have weights clear for easy removal & establish buoyancy when in distress at surface, practice ditching weights often. Be familiar with & know how to ditch my dive buddy's weights.*
- ⇒ *Breathe properly for diving. Never breath-hold or skip breathe when breathing compressed air and avoid excessive hyper-ventilation when breath-hold diving (e.g., snorkelling, free-diving).*
- ⇒ Avoid over-exertion while in and under the water.

⇒ **Always dive within my limitations!**



Scuba Safety

Always!

Remember...

It's all up to you!

...where ever

you travel to dive!



ALBERTA SCUBA DIVERS... REMEMBER

DITCH YOUR WEIGHTS IN AN EMERGENCY!

AT SURFACE OR AT DEPTH!

ANNOUNCING AUC'S WEIGHT REPLACEMENT PROGRAM

DITCH YOUR WEIGHTS IN ALBERTA?

- If unrecovered, AUC will replace weights, belt, pockets
- Must be a certified diver and citizen of Alberta (AUC membership not required)
- Must be ditched during a "non-training" dive only
- Must be willing to share your emergency scenario on AUC FB/Website, news, etc.

CONTACT THE AUC OFFICE ABOUT OUR NO-COST WEIGHT REPLACEMENT

ALBERTA UNDERWATER COUNCIL
Phone 780-427-9125 • Toll Free: 1-888-307-8566
Email: info@albertaunderwatercouncil.com Subject: Weight Replacement Program

A REMINDER TO SCUBA DIVERS:

- Scuba diving fatality inquiries, while rare, often report that victims failed to ditch their weight belt/system
- Colder conditions, heavier gear, hoods, mitts, when diving in Alberta contributes to difficulty in this skill
- AUC wishes to encourage, educate and promote safe diving practices for scuba divers in Alberta

NEW AUC SCUBA SAFETY PROGRAM

albertaunderwatercouncil.com

Scuba Safety at Dive Events

My Responsibilities & Assumption of Risk

As a certified scuba diver, participating at AUC Dive Events and/or Lake Cleanups (or during any dive) — you are responsible for your own safety and for managing the risks that are inherent within our sport.

Because your certification qualifies you to dive independently, there is no requirement for supervision – we are only there coordinating the logistical aspects of any AUC Dive event, or lake cleanup, etc.

We will do our best to inform of the dive's risks & of any uncertainties or unknowns.

If anybody does not understand any aspects of a dive site or the risks..... Please Speak up Ask questions Stay safe!

Knowing the risks and understanding the limits of your training and experience, it is now your responsibility to manage these risks and acknowledge that you are fully responsible for your own actions. Which can affect many others—not just yourself.

Think about how your actions today can endanger yourself, your dive buddy, even other divers present —and especially the potential horrific impact on your family & friends in the aftermath of (usually) preventable diving accident!

If anyone feels uncomfortable with any dive at any time, your dive plan should be adjusted to accommodate your comfort level & this could include deciding to not dive today - without any fear of embarrassment or any pressure to perform.

- ⇒ Cancel or call the dive or change the plan! No blame—no shame! Don't push your luck....ever—today—it might just run out!
- ⇒ **Always have Safe Dive—it's all up to you!**

