

When joining dive trips abroad

1. Join only reputable dive centres / travel agencies.
2. Make sure you obtain a franked receipt from the licensed travel agencies.
3. Choose trips with experienced instructors / tour leaders.
4. Get travel insurance and make sure it covers diving accidents.
5. Check the destination requirements, diving equipment, facilities, first-aid, emergency contact, availability of a recompression chamber... etc.
6. Follow experienced local dive masters / instructors.
7. Understand environmental factors, difficulties, possible dangers, tides / current flows...etc. of individual dive sites.
8. Ensure there is a "cover-boat" whilst you are diving with a responsible boat operator on board.

Factors to consider concerning dive equipment

1. Whether the diving equipment fits you.
2. Get your diving equipment tested and serviced annually by a trained professional at a qualified service centre.
3. Re-check the diving equipment prior to a dive, look for any abnormalities.
4. Ensure the sufficiency of an emergency oxygen supply and first-aid facilities prepared and ready for use on boat and ashore.

Website references on diving knowledge

BSAC: www.bsac.org
CMAS: www.cmas.org
CUA: diving.sport.org.cn
HKUA : www.hkua.org.hk
NAUI : www.nauui.org
PADI : www.padi.com
SDI : www.tdisdi.com
SSI : www.ssiding.com

Website references on diving safety

DAN : www.diversalertnetwork.org

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Diving Safety and Accident Enquiry Committee
Hong Kong Underwater Association

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Entry Course overview and Pre requisites

- Participant must be 10 years old or older.
- Swimming Ability Requirements:** A participant must be able to complete a 200 metres continuous surface swim and demonstrate that they can comfortably maintain their buoyancy for 10 minutes without any swimming aids.
- Course Outlines - It takes approximately 30 hours to finish 3 different parts listed below:**
 - Knowledge Development (Theory) - approx. 6 - 10 hours**
 - Pool / Confined Water Dives (Skills Practice) - approx. 6 - 8 hours**
 - Open Water Dives (Skills Practice) - Four to six dives finished in 2 days.**

Written examination and skills assessment may be conducted.
- A Certificate will be awarded if the participant has completed all the dive practices and passed the written examination successfully.
- Local diving associations include, BSAC, CMAS, HKUA, NAUI, PADI, SDI, SSI ... etc.

Prior to engaging in diving activities, check with your doctor if you ever had...

- Any significant illnesses, hospitalization for more than two days, are on long term medication, had any kind of major surgery performed... etc,
- Any history of ear-blockage, ear discharge, ear drum perforation, middle ear infection, on and off running nose, rhinitis, hay fever, sinusitis... etc, or
- Any history of heart disease such as high blood pressure, hypertension, coronary or ischemic heart disease, heart attack, cardiomyopathy, myocardial infarction; and lung disorders such as tuberculosis, wheezing and wheezing with exercise, asthma, chronic bronchitis, lung rupture, pneumothorax as well as lung or chest surgery.

These preexisting conditions may affect your safety while diving.

Even if you are suffering from any of the above conditions they may not necessarily exclude or reject you from diving. However, you should seek proper medical advice and make sure that the condition is stable and under control.

Ways to consolidate your diving skills after the course

Go diving frequently, and

- Practice diving under supervision of professionals.
- Be familiar with your diving equipment.
- Continue diving education.



Dos and Don'ts of diving

Dos

- Be a swimmer before being a diver.
- Be sure your medical condition is fit for you to dive.
- Understand your body condition before diving.
- Use suitable and familiar equipment.
- Have adequate warmth protection.
- Strictly follow the respective diving rules.
- Pay attention to diving guides from dive masters.
- Request the companionship of professionals when diving in an unfamiliar environment.
- Refresh your basic skills if you haven't dived for a long time.

Don'ts

Do not dive under the following circumstances:

Personal Factors

- Having any respiratory diseases e.g. a cold or flu etc.
- On medication (unless approved by your physician).
- After drinking alcohol.
- If you have a poor physical or psychological status.
- Feeling stressful.

Equipment Factors

- Poorly maintained diving equipment.
- Ignorance of a pure (air quality) and adequate compressed air supply.

Other Factors

- During hostile weather conditions.
- Solo-dive.
- Exceed the maximum depth of your training and "No Decompression limit".