

NAUI Safe Scuba Diving Practices

For safe, enjoyable skin and scuba diving, a diver should:

- Be trained and certified by a professional underwater instructor.
- Maintain good physical and mental conditions for diving. Be at ease in the water. Only dive when feeling well. Do not use any intoxicating liquor or dangerous drugs before diving. Have a regular medical exam for diving.
- Use correct, complete, well-maintained diving equipment, which is checked before each dive. Equipment must not be loaned to non-certified divers. Use a buoyancy compensator plus a submersible pressure gauge and alternate air source.
- Know the limitations of yourself, your body and your equipment. Use the best possible judgement and common sense in planning each dive. Allow a margin of safety in order to be prepared for emergencies. Set moderate limits for depth and time in the water. Save some air for use at the surface.
- Know your diving location, avoid dangerous places and poor conditions, do not let ego create dangerous situations.
- Control your buoyancy to make diving as easy as possible. Be prepared to ditch your weights, make an emergency ascent, clear your mask or mouthpiece, or take other emergency action if needed. In an emergency: stop and think, get control, then take action

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- Never dive alone. Always dive with a buddy and know each other's equipment. Know hand signals and stay in contact. Be able to rescue a non-breathing buddy if an emergency arises.
 - Use boat or float as a surface support station whenever this will increase safety and enjoyment. Fly the diver down flag to warn boaters that divers are under water. Slowly surface close to the float and flag, watching and listening for possible hazards.
 - Beware of breath holding. Breathe continuously throughout scuba dives and during any ascents. Avoid excessive "overbreathing" before a breath-hold skin dive. Do not overexert while underwater. Know your limits and allow a margin of safety. Be sure to equalize pressure early during decent.
 - If you are cold, tired, injured, out of air or not feeling well get out of the water. Diving is no longer fun and safe. If any abnormality persists, get medical attention.
 - Know decompression procedures, tables and emergency procedures. Make all possible dives with no required decompression. Delay flying as long as possible (24 hours recommended) after diving, especially after multiple-day, multiple-depth repetitive diving.
 - Continue your scuba training by taking advanced or specialty courses. Log your dives and try to make at least 12 dives each year.

I have read the NAUI Safe Diving Practices and understand the importance of abiding by them for my safety.

Student Signature: _____ Date: _____