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P.O. Box 14528
Ajax, ON, L1S 7K7

Name: _____

Date: _____

The Ajax SCUBA Club (ASC) has prepared and adopted the following Safety Guidelines and Rules of Conduct that will govern all Club diving activities. As a member of the ASC you are expected to abide by these Safety Guidelines and Rules of Conduct, and Diver Responsibilities. These rules have been adopted to ensure all club diving activities meet the highest safety standards and to cultivate a club that is respected in the community that we can be proud of. A club member who's conduct is deemed non-compliant with the ASC club rules may be subject to consequences that will be determined on an individual basis according to the infraction. The club reserves the right to terminate club membership of an individual after review.

Initial within the boxes after reading and understanding each of the practices and responsibilities below

ASC Safety Guidelines and Rules of Conduct

1. Be trained in SCUBA diving by a certified underwater instructor and certified by a nationally recognized certifying organization.

2. Maintain good physical and mental condition for diving. Be at ease in the water. Only dive when feeling well. Do not use any intoxicating liquor or dangerous drugs before diving. It is recommended to have regular medical examinations for diving.

3. Use correct, complete, well maintained diving equipment which you check before each dive. Do not loan your equipment to a non-certified diver. When SCUBA diving in open water, use a buoyancy compensator plus a submersible pressure gauge and / or a reserve mechanism.

Reserve warning mechanisms, i.e. "J" valves, are not acceptable replacements for pressure gauges.

4. Know the limitations of yourself, your buddy, and your equipment. Use the best possible judgment 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 water. Save some air for use at the surface.

During an ASC dive, all club divers should have, after the completion of the dive, a minimum reading of 500 psi upon re-boarding the boat, or upon arrival on shore.

5. Know your dive location. Avoid dangerous places and poor conditions.

6. Control your buoyancy to make diving as safe 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.

7. Never dive alone. Always buddy dive -- know each other's equipment. Know hand signals, and stay in contact. Be able to provide assistance to your buddy if the need arises.

8. Use a boat as a surface support station whenever this will increase the safety and enjoyment of the dive. Fly the diver down flag to warn boaters that divers are underwater. Do not attach the line of the flag to your body or dive gear. Slowly surface close to the float and flag, watching and listening for possible hazards

9. Beware of breath holding. Breathe continuously throughout a SCUBA dive. Exhale on any ascent. Without SCUBA: avoid excessive "over breathing" before a skin dive; do not overexert. Know your limits and allow a margin of safety. Be sure to equalize pressure early and often during both ascent and descent.

10. If not feeling well, get out of the water. Diving is no longer fun or safe. If any abnormality persists, get medical attention

11. Know decompression procedures, tables and emergency procedures. Make all possible dives as "no decompression" dives. Avoid stage decompression particularly on repetitive dives, at altitude or when flying after diving.

On ASC dives there are to be no planned decompression dives.

12. Consider continuing your SCUBA training by taking advanced open water or specialty courses. Log your dives and try to dive 2 to 3 times per year, making at least 12 dives each year.

ASC - Diver Responsibilities

1. The club appointed Divemaster has complete and total authority over all Club diving activities, and all Club members are expected to comply.

2. Upon arrival at the dive site area, check in with the Divemaster or someone else so they are aware you have arrived.

3. Follow proper check-in and check-out procedures with the designated Time Keeper.

4. Inform the Divemaster of any problems, no matter how small, equipment or medical, before or after the dive.

5. Inform the Divemaster and Record Keeper if you are using dive tables. PLAN your dive, and dive your PLAN.

6. Show your computer/gauges to the Divemaster when called upon.

7. Stow all gear after each dive, keep the entry and exit points clear.

8. A diver without a dive computer and a diver with a dive computer must plan and dive by the tables, NOT the dive computer.

9. Threesomes, at the discretion of the Divemaster, will be allowed when absolutely necessary and there is no alternative, and can be performed safely.

10. All divers will perform a three (3) to five (5) minute safety stop at fifteen (15) feet where applicable.

11. ASC divers can dive on current recognized tables only and subject to Divemaster approval. The Club encourages the use of the current NAUI or PADI dive tables.

12. At all times all group members and their guests must behave and speak in an appropriate manner which reflects the nature of the fun family atmosphere. Profane or abusive language is prohibited. In addition, we must remember that we are all representatives of our group and want it to be seen with respect in the community.