



Snorkeling 0 - 2 m

SNORKELING

- NO WEIGHTS
- NO COMPRESSED AIR
- MAXIMUM DEPTH 2 M

Not permitted in

- Water temp $<4^{\circ}\text{C}$
(valid throughout water column for the intended dive)
- Strong currents or turbid waters
- In darkness or other complicated conditions

For maximum 2m depth:

- Minimum 2 persons
- Risk assessment through the field work assessment
- Land contact to be notified of dive plan



Free Diving 2-10 m

FREE DIVING

- WITH WEIGHTS
- NO COMPRESSED AIR
- MAXIMUM DEPTH 10 M

Not permitted in:

- Water temp $<4^{\circ}\text{C}$
(valid throughout water column for the intended dive)
- Strong currents or turbid waters
- In darkness or other complicated conditions

For 2-10m depth:

- Minimum 3 persons
- In pairs, where one diver stays at the surface with constant eye contact. Communication should be possible with hand signals
- No hyperventilation! High risk of shallow water black out
- Risk assessment, specifically for free diving

GENERAL RULES

- Surface guard that can keep watch over the diving area, call diver's attention and intervene in the event of danger.
- Unless the risk assessment deems it be unnecessary
- Only observations and simple work with normal weight bearing is allowed with this diving method
- Transportation, in case of emergency (boat, car, ...)

Always bring:

- Dive flag A to signal that you have divers in the water. Boats are to stay 200m away
- First aid kit and phone

Report incidents and accidents to Dive activity leader



IMPORTANT INFORMATION

- **Wet suit, hood, boots and gloves.** These are semi dry, so the smooth surface at the wrist and ankles should be turned against the skin. Place hood, boots and gloves inside the outer layer of the suit, for better insulation.
- **Fins**
- **Mask and snorkel.** Spit in the mask and smear out the saliva. Rinse once with saltwater, and you will minimize fogging in the mask. Trim the mask inside the hood. Taking off the mask, keep around your neck, so you don't lose it.
- **Weights for neutral buoyancy** When you exhale fully, the water level should be at the middle of the mask. Never have excess weights so that you sink! The suit will be compressed as you go deeper, and you will lose buoyancy.
- **Extra jacket** A wind jacket outside the suit will keep you warm in the boat
- **In the boat** Do not have your suit half dressed around your hips unless wearing a life jacket. If you fall in the water, you will have great problems getting your head up.