

Participation Agreement

Christchurch Freediving Club

Liability release and assumption of risk

I, _____ (print full name) hereby affirm that I have been thoroughly informed of the risk involved with any freediving / breath-hold activity.

_____(initial all) I understand that freediving / breath-holding underwater may involve inherent risks including but not limited to hypoxia, marine life injuries, barotraumas, shallow water blackout, drowning or hyperbaric accidents. Treatment of a freediving / breath-hold diving accident victim with these or other injuries may require immediate medical attention and / or hyperbaric oxygen therapy.

____ I specifically understand that the risk of hypoxic or shallow water blackout is inherent of freediving / breath-hold diving activities, and that I still intend to participate in freediving / breath-hold diving. I agree that I will not freedive / breath-hold alone; I will always freedive with a qualified and competent surface support freediver with me at all times.

____ I understand that neither the Christchurch Freediving Club, nor AIDA International, nor Freediving NZ, (AIDA NZ Incorporated), nor Christchurch City Council nor their members or representatives, nor any of their respective officers, agents and employees (hereinafter referred to as "Released Parties") may be held liable or responsible in any way for any injury, death or other damages to myself, my family, heirs or assigns that may occur as a result of my participation in this freediving / breath-hold competition or as a result of the negligence of any party, including the Released Parties, whether passive or active.

____ I agree to hold harmless the Released Parties from any claim or lawsuit by myself, my family, estate, heirs or assigns, arising during or after I participate in the freediving / breath-hold competition, training, course or recreational activity.

____ I understand that any diving activities are physically strenuous and that I will be exerting myself during this freediving / breath-hold diving competition, training, course or recreational activity, and I expressly assume the risk of any and all injuries, and I will not hold the Released Parties responsible if I am injured as a result of heart attack, panic, hypoxia, hyperventilation, oxygen toxicity, decompression illness, gas embolism, drowning or any other causes of injury or death not specifically stated herein.

____ It is the intention of _____ (print full name) by this written document to exempt and release all of the Released Parties as defined herein, from all liability whatsoever for personal injury, property damage or wrongful death however caused , including but not limited to the negligence of the Released Parties, whether active or passive.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE SIGNING BELOW ON BEHALF OF MY HEIRS AND MYSELF.

Participant signature: _____ name _____ date _____

Club Rules and Procedures

1. Never dive alone. Always dive with a competent buddy. Agree before the dive what your buddy will do. For max effort or high-risk dives, you should have multiple people providing safety. In a CCC pool you must have at least one safety diver in the water and in close proximity at all times.
2. Never hyperventilate.
3. Do not dive under the influence of alcohol or drugs.
4. You must not continue training after experiencing a blackout, an LMC where you require support from another person or where you cannot maintain your airway out of the water, or other signs of severe hypoxia. Normal freediving training should not result in blackout or LMC. Ensure you train within your abilities and follow safe practices to avoid any blackout or LMC.
5. Obey all commands from the session's person in charge and the pool's staff.
6. Follow the person in charge's session structure.
7. Obey any venue-specific policies, including the CCC breath holding guidelines when in CCC pools (refer to club website under resources)
8. Let others in your lane know what you are doing.
9. When waiting at the end of the pool, allow plenty of space for divers to turn.
10. Dive within your abilities.
11. Ensure you are correctly weighted; you should be neutrally buoyant for dynamics and have no weights for statics.
12. Don't adjust weights or put weights on or off in the pool. Take care not to drop weights poolside (we suggest always using a strong bag or bucket). Prefer to use plastic or rubber coated weights. If you do drop a weight, report any damage to pool staff immediately.
13. Members must provide their own equipment and it must be safe and in working order.
14. Don't dive with a snorkel in your mouth.
15. Static apnea must be practiced on the surface, not on the bottom of the pool or in mid-water. Static divers must be unweighted and positively buoyant.
16. Regularly practice diver rescues and response.
17. Be aware of other divers and other pool users. Ensure you don't collide or hit them with equipment such as fins. Don't jump or dive into a lane used for freediving.
18. All divers must be at least 18 years old.
19. Members must not attend club events (including training sessions) if they:
 - have cold or flu symptoms,
 - have had contact with people known to have had Covid-19 in the past 7 days.
 - or have had a positive Covid-19 test in the past 7 days.

Your Responsibilities

Club members:

- Adhere to safe diving practices (e.g., all diving is properly supervised, no hyperventilation, etc.).
- Adhere to the rules in this document and all venue-specific rules.
- Listen to instructions from the person in charge and pool staff.
- Be properly prepared to respond to incidents by undertaking regular training in incident response.
- Respond to incidents appropriately.

A full copy of the club's rules and procedures as well as CCC's breath holding policy can be found on the club website at <https://www.chchfreediving.nz/resources.html>

I HAVE REVIEWED THE CLUB'S RULES AND PROCEDURES AND AGREE TO ABIDE BY THEM AT ALL TIMES.

Participant signature: _____ name _____ date _____

Record of Induction

_____ HAS SUCCESSFULLY COMPLETED THE INDUCTION AND SATISFACTORILY DEMONSTRATED COMPETENCY IN SAFE DIVING PRACTICES AND RESCUE PROCEDURES.

Induction Lead signature: _____ name _____ date _____
