

Welcome –

Exploring the underwater world is both fun and serious.

Scuba diving is enjoyed by millions of people all over the world.

Scuba Diving requires:

- Some physical fitness
- Ability to solve problems that come up
- Emotional maturity

You should have good general health and be comfortable in and around the water to scuba dive.



Like any adventurous activity, there are potential risks in scuba diving. However, these are well known and easy to avoid by following some simple rules.

Possible risks specific to scuba diving include:

- **Problems with your ears**
- **Drowning and breathing-in water**
- **Getting cold in the water**
- **Lung over-expansion injury**

It is important to follow some simple rules to avoid injury, which, although unlikely, could be serious, even fatal.

You will learn these rules during your scuba diving program.

When you follow these rules and suggestions, scuba diving is a reasonably safe and fun activity.

Roles and Responsibilities

PADI's Role: to provide the best training materials and educational support possible.

PADI Instructor's Role: to supervise your training, follow PADI's guidelines and provide as safe a diving experience as possible.

Parent's Responsibility: to help evaluate your medical, physical and emotional readiness to participate in scuba diving.

- If you or your parents know of any medical problems you may have, you'll need to see a medical doctor before scuba diving.
- The PADI Medical Statement will help you, your parents and the doctor review your medical fitness to participate.

Your Responsibility: to understand and put to use the following six **ACTION** steps during your scuba diving adventure.



ATTENTION

- Pay attention, listen and follow the rules.
- Diving is exciting and you can become distracted, but stay focused on your instructor and the assistants.
- Be sure to follow the rules covered by your instructor to help lower your risks and increase your fun.
- Failure to follow these rules can lead to serious injury, even fatality.



COMMUNICATION

- If you don't understand something, or get confused, ask your instructor.
- Your instructor is there to help and to answer your questions.
- Don't be shy, it's important for you to understand.
- You may find that other people have the same questions you have!



TAKE CARE OF YOUR EQUIPMENT

- **We were not born to live underwater. That's why we have to use scuba equipment.**
- **Without properly cared for equipment, you increase your risks and make it harder to dive safely and comfortably.**
- **It's very important that all your equipment is designed for scuba diving and fits you properly.**
- **Be sure to take care of your equipment every time you use it.**



INFORM

- Inform your instructor of how you feel.
- Tell your instructor if you're cold, tired, having a problem or don't understand something.
- You'll learn hand signals so you can "talk" with your instructor underwater.



OBSERVE

- **Observe how your instructor does things and follow the example.**
- **Watch where your instructor is and be sure to watch for signals and direction.**



NOW HAVE FUN!

- Don't forget to have fun!
- Scuba diving is a serious activity and there are risks involved. But you can manage these risks and avoid injury by following the simple **ACTION** steps.
- Paying careful attention to proper training and instruction will teach you how to avoid injury and reduce the risk of hurting yourself.
- So take **ACTION** and have a great time. The fun has just begun!