

# TRAINING RECORD

### SSI STATEMENT OF UNDERSTANDING FOR SNORKELING AND SCUBA DIVING COURSES

rewarding adventure. Diving is an exciting and enjoyable lifetime sport that will challenge both your mind and body. There are risks, as you would expect from any demanding outdoor activity, but these risks are minimized through proper instruction.

The purpose of this Statement of Understanding is to provide you and your Instructor with a way to focus on the important responsibilities you each have for your successful training as a diver. When you have completed this training you will be ready to enjoy gaining more open water diving experience.

Learning to dive is similar to growing up. As you grew you shared the responsibility for your well-being and your quality of life with your parents. As time

passed you took more and more of the responsibility until you became wholly responsible for yourself as an adult. During your training as a diver you will share the responsibility with your Instructor. As the course progresses your Instructor will gradually shift the responsibility for your own safety and enjoyment to you.

As a part of the SSI course printed materials, there will be times and places for both you and your Instructor to sign off that you are comfortable with what has been accomplished and you are ready to continue the training.

To enter the very different underwater world requires special equipment. Therefore, diving is an equipment intensive sport.

With this in mind, you will want to use correct, complete, high quality equipment. Much of your instruction

will concern equipment and the related skills.

Based on extensive diving experience and training, your Instructor has developed a high degree of caring about and for student divers. This will be clearly brought out during the course and during the completing of both this statement and your medical history form. Please be as complete and honest as possible. If you are unsure concerning any aspects of the course, please ask.

The following responsibilities are carefully designed to help assure that you will have a safe and enjoyable experience learning to dive.

## <u>Instructor Responsibilities — As your Instructor, I agree to provide:</u>

- An SSI course of instruction in diving activities.
- SSI course educational materials.
- The use of the SSI audiovisual teaching system.
- · Complete information on all course costs.
- Proof of my current Instructor certification.
- Current liability insurance for diving instruction.
- Information on health and safety considerations, such as when not to dive and important skills needed to dive safely.
- Several open water training dives or assistance in arranging for open water training by referral.
- Certification upon satisfactory completion of the course.

### Student Responsibilities — As a student, I agree to:

- Be in good physical and mental health for diving and to complete a medical history form. You may be required to have a medical examination.
- Prove that I know how to swim and am comfortable in the water. You do not necessarily need to be a good swimmer.
- Attend all classes or make up missed classes.
- Complete all class assignments.
- Pay course fees, rental fees, or other costs as listed by the Instructor.
- Take care of personal dive equipment and equipment assigned to me.
- Stay with my assigned partner, Instructor or group during water work.
- Give special and careful consideration to the needs and safety of my diving buddy.
- Perform skills as requested, but not attempt any skill I do not feel ready to safely perform. Your Instructor will provide additional time or instruction, if needed.
- Complete the required number of open water dives.
- Inform my Instructor if I am excessively cold or tired; under undue stress; injured; low on air; not feeling well; or have been sick during the preceding week. The two of you will then decide what is in your best interests. You should not dive if you are having a difficulty with yourself (physical or mental), your equipment or the environment.

### Mutual Responsibilities — Together as Instructor and student, we agree to:

- Buy, rent or provide diving equipment as mutually agreed. This varies depending on the situation, but it needs to be clearly understood before continuing with the course.
- Not use any intoxicating liquor or dangerous drugs
- before diving.
- Communicate as completely and as clearly as possible.
- Be considerate of the rights, feelings and needs of each other and the others involved in the course.
- Each be ultimately responsible for our own personal actions.
- Work together and share the responsibility for the diving course, as preparation for later diving adventures.

#### Having read and discussed this Statement of Understanding, we agree to conduct ourselves as described above.

▲ Student's Name (PRINTED)		▲ Instructor's Name (PRINTED)	▲ Instructor N°
	op/mm/sv		ns/m-/13
▲ Student's SIGNATURE	▲ Date	▲ Instructor's SIGNATURE	▲ Date
▲ Parent or Guardian signs here IF STUDENT IS A MINOR		▲ Dive Business Name and Contact Information	:

## PRIVACY STATEMENT & CONSENT FORM

I understand and agree that for the purpose of diver training and for verification of my certification, SSI will retain the personal information I have provided to them during my training which includes, but is not limited to, my name, mailing address, email address, phone number, date of birth, photograph, and diver certification number.

This personal information will be stored in SSI's database, also referred to as ODiN. SSI will take reasonable steps to ensure that this data is protected, and I will be given a username and password as well as additional information by email which will allow me to access the SSI database and verify that my personal information contained therein is correct, current, and accurate.

I consent to SSI, an SSI authorized affiliate, or an SSI subsidiary, accessing this information for purposes of verifying my diver certification.

▲ SIGNATURE	▲ DATE (day/month/year)
A SIGNATURES OF PARENTS OR GUARDIANS WHERE APPLICABLE	▲ DATE (day/month/year)

## MEDICAL STATEMENT

PATIENT RECORD — CONFIDENTIAL INFORMATION

## Please read carefully before signing

This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered by:

(Name of Instructor)\_ and (Dive Center) located in the city of and state of

Read and discuss this statement prior to signing it. You must complete this Medical Statement, which includes the medical-history section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is very safe. When established safety procedures are not followed, however, there are dangers.

To scuba dive safely, you must not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, a severe medical problem, or who is under the influence of alcohol or drugs should not dive. If taking medication, consult your doctor and the Instructor before participation in this program. You will also need to learn from the Instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified Instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical History section, review them with your Instructor before signing.

## MEDICAL HISTORY

#### To the Participant:

The purpose of this medical questionnaire is to find out if you should be examined by your doctor before participating in recreational diver training. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician. Please answer the following questions on your past or present medical history with a YES or No. If you are not sure, answer YES. If any of these items apply to you, we request that you consult with a physician prior to participating in scuba diving. Your Instructor will supply you with a medical statement and guidelines for recreational scuba diver's physical examination to take to your physician.

Could you be pregnant, or are you attempting to become pregnant?	or allergy? Frequent colds, sinusitis or bronchitis?	past five years? Recurrent back problems?
Are you presently taking prescription medications? (with the exception of birth control or anti-malarial)	Any form of lung disease? Pneumothorax (collapsed lung)? Other chest disease or chest surgery?	Back or spinal surgery? Diabetes? Back, arm or leg problems following surgery,
Are you over 45 years of age and can answer YES to one or more of the following?	Behavioral health, mental or psychological problems (panic attack, fear of closed or open spaces)?	injury or fracture?  —— High blood pressure or take medication to control blood pressure?
<ul> <li>currently smoke a pipe, cigars, or cigarettes</li> </ul>	Epilepsy, seizures, convulsions or take	Heart disease?
<ul> <li>have a high cholesterol level</li> </ul>	medications to prevent them?	Heart attack?
<ul> <li>have a family history of heart attacks or strokes</li> </ul>	Recurring migraine headaches or take medications to prevent them?	Angina, heart surgery or blood vessel surgery?
<ul> <li>are currently receiving medical care</li> </ul>	Blackouts or fainting (full/partial loss of consciousness)?	Sinus surgery? Ear disease or surgery, hearing loss or
high blood pressure	Frequent or severe suffering from motion	problems with balance?
<ul> <li>diabetes mellitus, even if controlled by diet alone</li> </ul>	sickness (seasick, carsick, etc.)?  Dysentery or dehydration requiring medical intervention?	Recurrent ear problems? Bleeding or other blood disorders? Hernia?
Have you ever had or do you currently have	Any dive accidents or decompression sickness? Inability to perform moderate exercise	Ulcers or ulcer surgery? A colostomy or ileostomy? Recreational drug use or treatment for, or
Asthma, or wheezing with breathing, or wheezing with exercise?	(example: walk 1.6 km/one mile within 12 mins.)?	alcoholism in the past five years?
Frequent or severe attacks of hayfever	Head injury with loss of consciousness in the	
	ded about my medical history in the description of	

existing or past health condition.

▲ SIGNATURE	A DATE /-l/
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▲ DATE (day/month/year) A Parent or Guardian signs here IF STUDENT IS A MINOR

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least viewing a video, completing both a manual and study guide assignment	Date							
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by the student and Instructor upon completion of each session. By dating	Initials							
and initialing, both the student and								
Instructor agree that these activities have been successfully completed.	Instructor Initials							
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## OPEN WATER DIVER COURSE ACKNOWLEDGEMENT OF COMPLETION

#### PRE-DIVE SKILLS

Dive with minimal impact on environment Site Selection Summing up yourself and buddy Entries and Exits (both shore and boat)

#### **OPEN WATER SKILLS**

U/W Hand Signals Proper Weighting, Buoyancy Check Controlled Descent 2nd Stage Clearing & Recovery (2 Ways) Mask Clearing (3 Ways)
Sharing Air (Alternate Air Source)
Neutral Buoyancy (Oral and Power) Monitor Air

Underwater Navigation (Natural and Compass) Underwater Tour / Monitor Air

Emergency Swimming Ascent

Cramp Removal

Remove and replace weight belt Remove and replace equipments

Air Sharing Ascent (Alternate Air Source)

Controlled Ascent including safety stop Tired diver assist

Surface Procedures

#### POST-DIVE SKILLS

Rinse and maintain equipment Log dives and calculate no decompression dives Calculate air consumption

	their signatures below, both the student and the Instruct quirements. Both also agree that the student is comfortab		
DU/MM/XX			
▲ Date	▲ Student's Signature	▲ Instructor's Signature	▲ Instructor N°

NEWSLETTER
nt to know about special offers and activities going on at your local SSI Dive Center? Sign up now for their sletter!
YES, I would like my local SSI Dive Center to send information directly to my personal email address.
This newsletter service can be cancelled any time by clicking on the unsubscribe link at the end of each email. SSI – SCUBA SCHOOLS INTERNATIONAL or the Concept Systems International GmbH are explicitly not responsible for the content of the local SSI Dive Center newsletter.
NO, I do not want to receive any information or newsletter.

	SCUBA SKILLS UPDATE COURSE								
	ACADEMIC REVIEW	WATER SESSION	STUDENT INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR NUMBER				
1.									
2.									
3.									
4.									
5.									
6.	,								

- Add an Update Sticker to the diver's certification card and DiveLog (Scuba Skills Update tab).
- Sign and date the diver's DiveLog (Scuba Skills Update tab).

		Α	DVANCI	ED ADVEI	NTURER	PROGRAI	M						
ACADEMIC SESSION	POOL/ CONFINED (optional)	SPECIALTY DIVE #1	SPECIALTY DIVE #2	SPECIALTY DIVE #3	SPECIALTY DIVE #4	SPECIALTY DIVE #5	STUDENT INITIALS	INSTRUCTOR	INSTRUCTOR NUMBER				0.1010
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		CC	IUNITNO	ING EDU	CATION	PROGRA	MS			#	Issuing Instructor	tury D	tifying I
PRO	TY DIVER GRAM COURSES	ACADEMIC	POOL/ CONFINED (optional)	OPEN WATER #I	OPEN WATER #2	OPEN WATER #3 (optional)	STUDENT INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR NUMBER		ructor:	Century Diver N°:	Certifying Instructor: _
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2.				-									
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DIVER P	OPEN WATER ROGRAM COURSES	ACADEMIC	POOL/ CONFINED (optional)	OPEN WATER	OPEN WATER #2	OPEN WATER #3 (optional)	STUDENT INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR NUMBER	#	Z.:	Date:	Z∘:
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4.											Issuing	Gold <sup>50</sup>	<b>■</b> NAME
	STRESS & CUE)	If taken a keeping a			ecialties, u	se the Dive	r Stress &	Rescue red	cord-		Issuing Instructor	Gold <sup>500</sup> Diver N°:	m
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			DIVER S	TRESS &	RESCUE (	COURSE							
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											Z <sub>o</sub>	Date:	▲ RELA
<b>Directions</b> Programs.	s: Use this r	ecord-keeping	g area for a s	stand-alone c	ourse or in c	onjunction w	ith other Co	ontinuing Edu	cation			te:	▲ RELATIONSHIP
				MASTE	R DIVER					Exposu			סר
Date Lev	el 4 (50 Di	ves) Compl	eted:			Verified E	Ву:			Exposure Suit Size:	Issuin	Platin	
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SPECIAL	TY COURSES	S ACADEMI	POOL/ CONFINE (optional		OPEN WATER #2	OPEN WATER #3 (optional)	STUDENT	INSTRUCTOR INITIALS	NUMBER				JNE J
1.													
2.										Weight:			<b>►</b> WORK

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BC#_	Issuing Instructor:	Century Diver N°:	Certifying Instructor:	Open Water Diver N°:	▲M/F ▲HEIGHT ▲WEIGHT ▲ E-MAIL ADDRESS	<b>▲</b> FIRST
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lbs		Date:	ONE		▲ WORK PHONE	▲ WORK PHONE



## Waiver and Release of Liability Assumption of Risk and Indemnity Agreement

SCUBA SCHOOLS INTERNATIONAL		THIS FORM	S TO BE USED FOR .	ALL <b>ENTRY-LEVEL</b> TRAINING
In consideration of permitting me,	NAME) to	enroll in a snorkeling/scub	a diving instructional	l course and/or participate in
snorkeling/scuba diving activities and related operations c	onducted by	(DIVE LEADER'S NAME)	_ through the facility	Of (DIVE BUSINESS NAME)
in/on the town/city/island of	, in the State	/Province/County/Territory	of	, and Country
of, beginning on the _	day of	(month)	, 20	$_{-}$ , I, for myself, my personal
representatives, heirs and next of kin:				
property damage. I FURTHER ACKNOWLEDGE that diving wit chamber or other facility which may require a great distance of tra diving activities may be conducted at a site that is remote, either the HEREBY RELEASE, WAIVE, DISCHARGE AND AGREE NOWN INTERIOR OF DISCHARGE AND AGREE NOWN AND FOREVER, ARISING OUT OF OR RELATED TO DIVING OPERATIONS THAT MAY OCCUR, WHETHER CAUST HEREBY ASSUME FULL RESPONSIBILITY FOR ANY PROPERTIONS THAT MAY OCCURS, WHETHER CAUST HEREBY ASSUME FULL RESPONSIBILITY FOR ANY PROPERTIONS OF THE PROPERTION	vel. I UNDERSTAND to yitime or distance or build to yitime or distance or build to SUE Scuba School ALL LIABILITY TO THEREFORE ON ACC PARTICIPATION AND SED BY THE NEGLIGIBLY INJUDICATION OF THE NEGLIGIBLY AND AND THE NEGLIGIBLY AND AND THE NEGLIGIBLY AND THE NEGLIGIBLY AND THE NEGLIGIBLE OF THE NEGL	hat the open water diving trips worth, from a recompression cham hools International, the aforement of MYSELF, my personal representation of Injury to MY PE ID/OR INSTRUCTION IN SA ENCE OF THE RELEASES OURY, DEATH OR PROPERTY perations, whether foreseen or and HOLD HARMLESS the Road in said course, activities, or a service of the Province of the Province of the Market of	which are necessary for the ber or medical facilities. Intioned Dive Business, insentatives, assigns, heir reson or property in Course, activities of the course, activities of the course, activities of the course	raining and certification or for other its facility, the dive leader, or any or its, and next of kin FOR ANY AND OR RESULTING IN MY DEATH IES, OR ANY OTHER RELATED orever, arising out of or related to or caused by the negligence of the liability, damage or cost that they operations, whether caused by the operations, whether caused by the operations of the gence by Releasees, INCLUDING the activities are conducted and that of the conducted and the c
and/or activity of snorkeling or scuba diving and related diving	pperations.*			
To be signed by participant after viewing RISK AWARENE	SS VIDEO — PART I	and prior to any water work:	*	
Participant's Name				
▲ Name (PLEASE PRINT)		▲ (SIGNATURE)		10.1
Witness   ▲ Name (PLEASE PRINT)	▲ (SIGNATU	RE)		Date
To be signed by participant after viewing RISK AWARENES	S VIDEO — PART II a	and prior to open water scuba	dives: *	
Participant's Name			·	
▲ Name (PLEASE PRINT)		▲ (SIGNATURE)		Data
Witness  A Name (PLEASE PRINT)	▲ (SIGNATU	RE REQUIRED)		Date
To be signed by participant after viewing RISK AWARENES	S VIDEO — PART III a	and prior to open water scuba	dives: *	
Participant's Name		▲ (SIGNATURE)		
Witness  Name (PLEASE PRINT)	▲ (SIGNATUI			Date
As parent or guardian, I am signing this document on behalf of read the agreement, fully understand the terms herein, understathis document freely and voluntarily without any inducement, a of all liability to the greatest extent allowed by law and further snorkeling or scuba diving and have had the opportunity to persminor child's snorkeling or scuba activities.*	and that I have given u assurance or guaranted agree to indemnify an	up substantial rights by signing e being made to me. I intend r nd save and hold harmless Rele	it, am aware of its lega ny signature to be a co asees. Additionally, I un	al consequences, and have signed implete and unconditional release inderstand the risks of injury while der prior to commencement of the
Mother's Name  A Name (PLEASE PRINT)	▲ (SIG	NATURE)		Date (day/month/year)
Father's Name  A Name (PLEASE PRINT)	▲ (SIG	NATURE)		Date
Guardian's Name				Date

\* NOTE: This Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement is to be signed by the minor child as a participant, as well as by one or both parents or the guardian.

▲ (SIGNATURE)

▲ Name (PLEASE PRINT)

▲ (day/month/year)