



GÖTEBORGS UNIVERSITET



SNORKELING

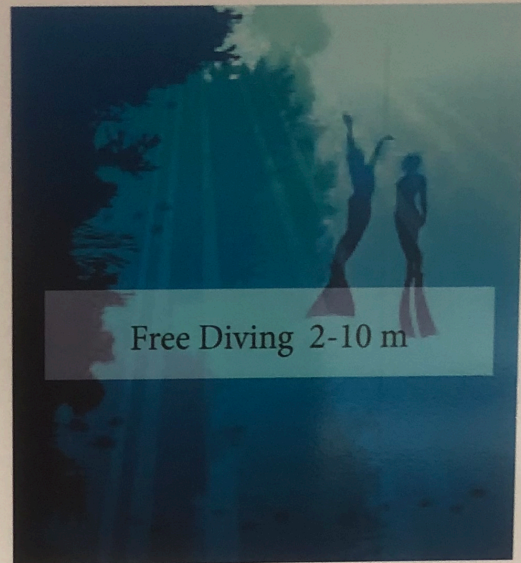
- NO WEIGHTS
- NO COMPRESSED AIR
- MAXIMUM DEPTH 2 M

Not permitted in

- Water temp <4°C
(anywhere in the water column for the intended dive)
- Strong currents or turbid waters
- Darkness or other complex conditions

Requirements for 2m max depth:

- Minimum 2 persons
- Simplified risk assessment (for personal awareness, not to be assessed by station staff)
- Land guard must be notified of dive plan



FREE DIVING

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

Not permitted in:

- Water temp <4°C
(anywhere in the water column for the intended dive)
- Strong currents or turbid waters
- Darkness or other complex conditions

Requirements for 2-10m max depth:

- Minimum 3 persons, whereof one stays on land
- Dive in pairs, where one diver stays at the surface with constant eye contact. Communicate with dive buddy through hand signals
- No hyperventilation! This increases the risk of shallow water black out
- Risk assessment, specifically for free diving
- Land guard must be notified of dive plan
- NEVER carry so much weight that you sink

GENERAL RULES

- Surface watch must keep watch over the diving area, call divers' attention and intervene in the event of new dangers, for example a boat entering the diving area.
- Only observations and simple work with normal weight bearing is allowed.
- Plan your emergency transportation method (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 mobile 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.** Do not wear fins on land.
- **Mask and snorkel.** To reduce fogging spit in the mask, smear out the saliva, and rinse with saltwater. Ensure the mask seal sits inside the hood. When taking off the mask, bring it down around your neck so you don't lose it.
- **Weights and 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 wetsuit will compress as you dive, reducing buoyancy.
- **Extra jacket** Bring a windbreaker to wear outside the wetsuit to keep you warm in the boat or on land.
- **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 keeping your head up and getting back into the boat.