

# 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.



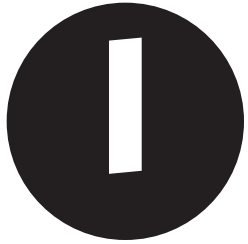
# COMMUNICATION

- 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!