

Discover Diving No experience needed. We'll show you how!

- Full scuba tuition provided by our specialist trained crew
- 4 days of underwater adventures and become a certified diver
- Broken up over two weekends this adventure offers you awesome experiences in the waters off Sydney



Discover diving itinerary

- Day 1** Meet our crew who will review what you've learned, get you geared up and drop you into the pool for some fun.
- Day 2** Another fun day in the pool learning some new and important techniques.
- Day 3** On the beach and into the ocean for two awesome scuba adventures.
- Day 4** Another day in the ocean discovering some of our local marine critters and exploring Sydney's underwater world. At the end of this dive your instructor is going to give you your own certification card so you can dive anywhere, anytime.

Discover diving essentials

- Your own swimming gear, sunscreen, towel, snorkelling kit including mask, snorkel, fins, boots and gloves
- Snorkel kits start at only \$169 if you sign up
- Don't forget to hit up our experienced Dive Crew for hot tips on what to get
- Before you jump in the water we need to sight a current dive medical. You can pick up the dive medical paperwork at our store at 258 Princes Hwy, Sylvania Heights or online at www.snorkelinn.com.au



258 Princes Highway, Sylvania Heights NSW 2224
T 61 2 9522 4754 F 61 2 9522 6731
E info@snorkelinn.com.au W www.snorkelinn.com.au

start your
experience
DISCOVER DIVING



Discover Diving with Snorkel Inn and you will discover a whole new world at your doorstep.

Discover Diving gives you a chance to explore nature at its best where you can expect the unexpected and be overwhelmed by what the oceans have hidden beneath.

On your Discover Diving experience Blue Groper fish, the size and nature of a Labrador dog, can swim up to you and feed out of your hand. The majestic Weedy Seadragons can mysteriously appear out from the seaweed. And this is only the beginning of your underwater experiences.

Mastering the sport of diving is an exciting challenge which Snorkel Inn's specialist crew will help you meet and when you Discover Diving you will discover a whole new world of experiences, people and fun.

Why Choose Snorkel Inn? Because our focus is on your experience.

**DISCOVER
DIVING ONLY
\$249**

**BOOK THE
ADVENTURE UPGRADE
AT THE SAME TIME
& ONLY PAY AN EXTRA
\$299
\$50 SAVING**

Adventure upgrade

- Take your adventure to a new level with our Adventure Upgrade Package
- Experience deep diving, wreck diving, boat diving and night diving all in one weekend
- We'll show you how to do all this and improve your skills in navigation including tips on how you can find objects underwater, like the sunnies your mate dropped overboard
- You also get an upgraded certification card to dive deeper and more challenging sites



Discover diving includes:

- Awesome experiences in 4 ocean dives off Sydney
- Fun pool sessions
- Dive anywhere anytime. After your underwater adventure you can dive anywhere in the world with your own internationally recognized diver certification card
- A diver training pack to keep your adventures on-track
- Top quality Scuba gear to use during your adventure including wetsuit (keeps you warm), weight-integrated BCDs (Scuba tank for inflatable jacket that helps you float in the water with no painful weightbelts), regulators (gives you air), tank/air fills (holds the air for you) and dive computers (tells you how long you can stay underwater safely)

Booking Form

Start your experience: Discover diving

Welcome to your Discover Diving Experience where we will show you how to become a qualified diver.
Please complete all details below.

NAME: _____

ADDRESS: _____

_____ POSTCODE _____

PHONE: _____ MOBILE _____

EMAIL: _____

D.O.B: ____ / ____ / ____ Male Female

COURSE DATE COMMENCING

COURSE FEES \$249.

Your Responsibilities

I understand that I must supply a minimum of dive mask, snorkel, open heel fins, boots and gloves.

I understand that I must achieve all SSI training standards including a 200 metre swim and 10 minute tread water to be a certified an Open Water Diver

I also understand that I must complete study guides, have watched the DVD in full, read the manual and supply Snorkel Inn with a current diving medical signed by a doctor to commence my Discover Diving Experience on the date specified above.

Cancellation Policy

All deposits are non-refundable and non-transferable.

Refund only on inwater portion of the Experience with a signed doctors medical from stating the student cannot dive.

The home study kit (costing \$99) is non-refundable

Rescheduling due to illness during your Discover Diving experience incurs a \$100 fee

Failing to turn up for your Experience dates will incur a \$100 rescheduling fee and will be rescheduled at the discretion of snorkel inn.

**ALL DEPOSITS ARE NON-REFUNDABLE AND
NON-TRANSFERRABLE**

Student Signature _____

Date _____



MEDICAL FORM FOR PROSPECTIVE RECREATIONAL SCUBA DIVERS

CANDIDATE DETAILS: THIS SECTION TO BE COMPLETED BY CANDIDATE

Positive responses to questions do not necessarily disqualify you from diving.

1 Surname	Other names	2 Date of birth
3 Address		Phone (home)
4 Sex	Male	Female
5 Principal occupation		Phone (work)
6 Do you participate in any regular physical activity?	YES	NO
7 Description of activity		
8 Do you smoke?	YES	NO
9 Do you drink alcohol?	YES	NO
10 If yes, how many drinks per week?		
11 Are you taking any tablets, medicines or other drugs?		
YES	NO	List:
12 Do you have any allergies?		
YES	NO	Details:
13 Have you had any reactions to drugs, medicines or food?		
YES	NO	Details:

Have you ever had or do you now have any of the following? Tick YES or NO.

	YES	NO	Notes on history
14 Previous diving medical			
15 Prescription glasses			
16 Contact lenses			
17 Eye or visual problems			
18 Hay fever			
19 Sinusitis			
20 Any other nose or throat problem			
21 Dentures/plates, dental prostheses			
22 Recent dental procedures			
23 Deafness or ringing noises in ears			
24 Discharging ears or other infections			
25 Operation on ears			
26 Giddiness or loss of balance			
27 Severe motion sickness			
28 Seasickness medication			
29 Any problem when flying in aircraft			
30 Severe or frequent headaches			
31 Migraine			
32 Fainting or blackouts			
33 Convulsions, fits or epilepsy			
34 Unconsciousness			
35 Concussion or head injury			
36 Sleepwalking			
37 Severe depression			
38 Claustrophobia			
39 Mental illness			
40 Heart disease			
41 Abnormal blood test			
42 ECG (heart tracing)			
43 Consciousness of your heart beat			
44 High blood pressure			
45 Rheumatic fever			
46 Discomfort in your chest with exertion			
47 Shortness of breath on exertion			
48 Bronchitis or pneumonia			
49 Pleurisy or severe chest pain			

	YES	NO	Notes on history
50 Coughing up phlegm or blood			
51 Chronic or persistent cough			
52 TB			
53 Pneumothorax ('collapsed lung')			
54 Frequent chest colds			
55 Asthma or wheezing			
56 Use a puffer			
57 Other chest complaint			
58 Operation on chest, lungs, or heart			
59 Indigestion, peptic ulcer or acid reflux			
60 Vomiting blood or passing red or black motions			
61 Recurrent vomiting or diarrhoea			
62 Jaundice, hepatitis or liver disease			
63 Malaria or other tropical disease			
64 Severe loss of weight			
65 Hernia or rupture			
66 Major joint or back injury			
67 Limitation of movement			
68 Fractures (broken bones)			
69 Paralysis or muscle weakness			
70 Kidney or bladder disease (cystitis)			
71 In a high risk group for HIV or AIDS			
72 Syphilis			
73 Diabetes			
74 Blood disease or bleeding problem			
75 Skin disease			
76 Contagious disease			
77 Operations			
78 In hospital for any reason			
79 Life insurance rejected			
80 A job or a licence refused on medical grounds			
81 Unable to work for medical reasons			
82 An invalid pension			
83 Any other illness or injury or any other medical condition			
Have any blood relations had:			
84 Heart disease			
85 Asthma or chest disease			
86 TB			
Females only:			
87 Are you possibly pregnant or planning to be?			
88 Do you have any incapacity during periods?			

89 Date of last chest X-ray

Previous diving experience

	YES	NO	Notes on history
90 Can you swim?			
91 Have you ever had any problem during or after swimming or diving?			
92 Have you ever had to be rescued?			
93 Do you snorkel dive regularly?			
94 Have you tried SCUBA diving before?			
95 Have you had previous formal SCUBA training?			
96 Year			
97 Approximate number of dives			
98 Maximum depth of any dive			
99 Longest duration of any dive			

I certify that the above information is true and complete to the best of my knowledge and I hereby authorize Dr _____ to give medical opinion as to my fitness, or temporary or permanent unfitness to dive to my diving instructor. I also authorize him or her to obtain or supply medical information regarding me from or to other doctors as may be necessary for medical purposes in my personal interest.

Signed _____ Date _____

MEDICAL EXAMINATION: TO BE COMPLETED BY A REGISTERED MEDICAL PRACTITIONER

1 Height cm	2 Weight kg	3 Vision R6/ Corr6/ L6/ Corr6/	4 Blood pressure	5 Pulse		
6 Urinalysis Albumen Glucose	7 Respiratory function test Vital capacity FEV ₁ Percentage		8 Chest X-ray (if indicated) Date Place Result			
9 Audiometry (air conduction) Frequency, Hz	500	1 000	2 000	4 000	6 000	8 000
Loss in dB, (R)						
Loss in dB, (L)						
If abnormal, enter in diver's logbook, on certificate, or both.						
Clinical examination/assessment		Normal	Abnormal	Notes on abnormalities		
10 Nose, septum, airway						
11 Mouth, throat, teeth, bite						
12 External auditory canal						
13 Tympanic membrane						
14 Middle ear auto-inflation						
15 Neurological —Eye movements —Pupillary reflexes —Limb reflexes —Finger—nose —Sharpened Romberg*						
16 Abdomen						
17 Chest hyperventilation						
18 Cardiac auscultation						
19 Other abnormalities						

* Results should be descriptively detailed at right to assist future comparison.

Fit to dive YES Advice put on certificate:
 NO—Temporary Reason:
 NO—Permanent Reason:

Name (Print) _____

Signed _____ Date _____

Detach the certificate below and hand to the candidate.

Medical benefits refund and/or medical rebate is not permissible, by law, for this examination. Issue of any item number which allows the candidate to claim such benefit will result in the physician being guilty of medifraud.

 This is to certify that I have examined

Name _____

Address _____

in accordance with the requirements of AS 4005.1, Appendix A, and have found him/her to be:

FIT

PERMANENTLY UNFIT

TEMPORARILY UNFIT

(To be reviewed on _____)

for diving and diving training undertaken using compressed air underwater.

Audiogram NORMAL/ABNORMAL (see below).

Printed name _____ Signed _____

Address _____ Date _____

Phone _____

Advice: _____

STANDARDS AUSTRALIA

Amendment No. 1
to
AS 4005.1 Supplement 1—1992
Training and certification of recreational divers
Part 1: Minimum entry-level SCUBA diving—Medical form for
prospective recreational SCUBA divers
(Supplement to AS 4005.1—1992)

REVISED TEXT

The 1992 edition of AS 4005.1 Supp 1 is amended as follows; the amendments should be inserted in the appropriate place.

SUMMARY: This Amendment applies to all medical forms in Supplement 1 of AS 4005.1.

Published on 5 March 1995.

AMDT
No. 1
MAR.
1995

All Page 1s

Underneath **CANDIDATE DETAILS: THIS SECTION TO BE COMPLETED BY CANDIDATE** *insert* the following:

All information provided in this form will be kept in strict confidence between you and the examiner. It will not be relayed to a third party without your consent.

Diving can usually be undertaken even if you have a chronic infection (e.g. hepatitis B and C, herpes or HIV), however you should inform the medical examiner so that you can be advised how to dive safely.

It is advisable to inform your instructor of any advice you have been given.

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All Page 2s

- 1 Item 76, *add* 'or chronic infection'.
 - 2 *Delete* Item 71 In a high risk group for HIV or AIDS and Item 86 TB.
 - 3 *Redesignate* Items 72 to 85 as Items 71 to 84, and Items 87 to 99 as Items 85 to 97.
-

ADVICE TO THE EXAMINING PHYSICIAN

Issuing an itemized account, which enables the patient to claim Medicare benefits for diving medical examinations, has been prohibited since 1 February 1984.

Diving is a sport carried on in a non-respirable environment using breathing apparatus. Sudden unconsciousness underwater is usually fatal when using SCUBA equipment, as the relaxation of muscle tone accompanying unconsciousness results in the breathing regulator falling from the victim's mouth. The diver's next breath will then be water. This makes any condition which can cause sudden unconsciousness an absolute bar to diving. Such conditions include epilepsy and diabetes where the patient requires insulin.

A further problem with the water environment is that pressure increases very rapidly with descent, i.e. by one atmosphere of extra pressure for every 10 m of depth in the sea. The use of breathing apparatus, providing gas at ambient pressure, prevents problems of pressure-volume imbalance in the lungs during descent. However, the middle ears and sinuses will develop problems on descent unless the pressure in these spaces equals the ambient pressure. There is no way of establishing the patency of sinus ostia by clinical examination. However, patency of the Eustachian tubes, and so the ability to equalize the middle ear pressures, can be established easily. Observation of the tympanic membrane while the patient holds his or her nose, shuts the mouth and blows (Valsalva manoeuvre) will reveal ingress of air to the middle ear by movement of the drum. The Eustachian tube opening in the nasopharynx is normally closed. Swallowing opens the ostium. Therefore, a combination of a Valsalva and swallowing during the manoeuvre will give the best chance for air to travel up the Eustachian tube. Another way of opening the Eustachian tube is to protrude the jaw and wriggle it from side to side while performing a Valsalva manoeuvre. Failure to auto-inflate a middle ear is an absolute bar to diving until the person can auto-inflate.

A further set of pressure related problems also occur during ascent when the ambient pressure is decreasing. If an air-filled space cannot vent when the surrounding pressure is reduced, two things can happen. A space with elastic sides can expand but if the space has rigid walls, the pressure in the space remaining at the original pressure becomes higher than ambient pressure. The chest wall is elastic, but after a certain expansion the stretching of the lungs results in tearing of the lung substance. Air can then enter the pulmonary venous drainage, pass through the left portion of the heart and be carried to the brain as air embolism. Unconsciousness and death can result. Thus, any condition preventing normal emptying of the lungs is an absolute bar to diving.

Lung cysts, bullae, and other areas that empty slowly or not at all are an absolute bar to breathing air under pressure. These conditions are best detected by taking an X-ray of the chest in full inspiration and another in full expiration. Asthma is another such condition. To detect expiratory airway obstruction, a Vitalograph (or similar) test is required. Experience in the navies of the world, with submarine escape training of many thousands, has shown that a disproportionate number of those suffering burst lungs have FEV₁/FVC ratios of below 75%. Such people do not need to hold their breath on ascent to damage their lungs; all they have to do is rise too rapidly. People with FEV₁/FVC ratio below 75% cannot be considered fit for diving.

A normal FEV₁/FVC ratio but clinical signs of bronchospasm, especially on forced deep, rapid ventilation, is an indication of unfitness to dive. Treatment with drugs is not suitable as the effects can wear off underwater and the combined effects of pressure and bronchodilator drugs are uncertain.

It is hoped that the foregoing makes the following list of absolute and relative contraindications to diving logical and comprehensible:

ABSOLUTE CONTRAINDICATIONS

Conditions causing unconsciousness
Epilepsy
Diabetes where the patient requires insulin

ENT conditions

Inability to auto-inflate the middle ears. Previous middle ear surgery with insertion of prosthesis to replace any of the ossicles

Lung conditions

Asthma
Lung cysts
Previous spontaneous pneumothorax
Obstructive lung disease
Lungs which empty unevenly (X-ray appearance)
Previous thoracotomy

RELATIVE CONTRAINDICATIONS

FEV₁/FVC ratio less than 75%
Poor physical condition
Previous myocardial infarction
Pregnancy

Further information about medical standards for minimum entry-level SCUBA divers is to be found in AS 4005.1, available from Standards Australia.

If in doubt about a candidate's fitness, it is safer for the candidate to be classed as unfit than fit to dive. Difficult decisions should be referred to a doctor experienced in diving medicine. These are to be found in each State. The South Pacific Underwater Medicine Society* maintains a list of its members with training in diving medicine. Enquiries should be addressed to the Secretary of SPUMS, C/- Australian College of Occupational Medicine, PO Box 2090, St Kilda West, Victoria 3182. URGENT specialist advice can be obtained from the hyperbaric units in each State, the RAN School of Underwater Medicine, HMAS Penguin, Balmoral, N.S.W. 2091, Phone: (02) 960 0444, and the Diving Emergency Service, C/- Hyperbaric Medical Unit, Royal Adelaide Hospital, Phone: (008) 08 8200.

Recommended reading

DIVING AND SUBAQUATIC MEDICINE Edmonds, C., Lowry, C., and Pennefather, J., 2nd Edition, 1981. Revised 1983. Sydney: Diving Medical Centre.

* The South Pacific Underwater Medicine Society exists—

(a) to promote and facilitate the study of all aspects of underwater and hyperbaric medicine; and
(b) to provide information on underwater and hyperbaric medicine.