



## University of Rhode Island Statement of Safe Diving Practices

I, \_\_\_\_\_, understand that as a diver I will:

1. Maintain good mental and physical fitness for diving. Not be under the influence of alcohol or dangerous drugs when diving. Keep proficient in diving skills.
2. Engage only in diving activities consistent with my training and experience. Do not engage in technical or specialty diving unless specifically trained to do so.
3. Use complete, well-maintained reliable equipment with which I am familiar; and inspect it for correct fit and function prior to each dive. Only use equipment that has been serviced and maintained in the last 12 months. Deny use of my equipment to uncertified divers. Always have the required equipment per the University of Rhode Island Diving Safety Manual.
4. Listen carefully to dive briefings and directions and respect the advice of those supervising my diving activities (i.e. lead diver or Dive Safety Officer).
5. Adhere to the buddy system throughout every dive. Plan dives – including communications, procedures for reuniting in case of separation and emergency procedures – with my buddy.
6. Be proficient in dive table and dive computer usage. Make all dives no decompression dives and allow a margin of safety. Limit maximum depth to my level of training and URI depth certification. Make a safety stop as an added precaution at 15 feet for 3 minutes or longer.
7. Maintain proper buoyancy. Adjust weighting at the surface for neutral buoyancy with no air in my buoyancy control device. Maintain neutral buoyancy while underwater. Be buoyant for surface swimming and resting. Have weights clear and visible for easy removal, and establish buoyancy when in distress while diving.
8. Breathe properly for diving. Never breath-hold or skip-breathe when breathing compressed air and avoid excessive hyperventilation. Avoid overexertion while in and underwater and dive within my limitations.
9. Use a boat, float or other surface support station whenever feasible.
10. Know and obey local dive laws and regulations, including fish and game and dive flag laws.

My signature on this page certifies that I will follow all safe diving practices and adhere to the regulations put forth in the University of Rhode Island's Diving Safety Manual. I have discussed any concerns with the URI Diving Safety Officer, and I now have an understanding of diving expectations. I will comply with all regulations.

**If a participant is under 18 years old, this Release must be signed by the participant's parent or legal guardian. (SEE BELOW)**

\_\_\_\_\_  
Printed Name of Participant                      Address                      Date

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

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Parent or Legal Guardian: If under 18, Parent or Legal Guardian Information Required:

\_\_\_\_\_  
Printed Name of Parent or Legal Guardian                      Address                      Date

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

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**\*Note:** A legal guardian must be appointed or approved by a court. For example, a camp counselor or school chaperone is not a legal guardian for children under his or her supervision.