

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## SCUBA DIVING

Scuba diving is swimming underwater while using self-contained breathing equipment and fins.

Risk Factor Rating

4

### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies\*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an experienced scuba diver certified by one of the following:

- Scuba and Snorkeling: Association of Canadian Underwater Councils
- The National Association of Underwater Instructors
- The Professional Association of Diving Instructors

Instructor is familiar with the water group is diving in

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in scuba diving

Safe diving rules are learned prior to participation, including "buddy diving" and emergency procedures

Skills/movements are learned in proper progression

Sessions begin with an easy warm-up and end with a cool-down

Drinking water is available and consumed as needed

In-class theory sessions are held prior to water sessions

Initial lessons are held in a pool or a sheltered harbour

\* See camping checklists for safety information when camping overnight.

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## SCUBA DIVING

### Supervision

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision**

One of the supervisors or instructors is a qualified lifeguard

Supervisor is familiar with the water in which the group is diving

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

Supervisor has list of students in water

Emergency meeting place is designated

### Facility/Environment

Local weather conditions/forecast are checked prior to outdoor session

Activity area is free of hazards/debris

Activity area is clearly marked

Instructions for use of facility are posted

Emergency exit of indoor facility is clearly marked

### Equipment

Equipment to be used is suitable and in good condition

Snorkel is in good repair

Certified scuba tanks must be used and all equipment must be checked before each use by a qualified person

Jewelry is removed or secured when safety is a concern

First aid kit and phone are available

Emergency equipment is readily available

### Clothing/Footwear

Proper swimwear or wetsuit is worn

Properly fitted mask and fins are worn

Change of clothing for post-swim is available

### Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program

The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program

Registration in an accident insurance plan is encouraged

Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional

The activity is suitable to the student's age, ability, mental condition, and physical condition

The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate

The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher