

### IMPORTANT - PLEASE READ

Some pre-existing physical conditions may increase your risk of injury while taking part in freedive/breath-hold activities. Because of this, International Training (ITI), has developed the following medical questionnaire to make you aware of these conditions. Failure to address these conditions with a doctor prior to engaging in freedive breath-hold diving activities may endanger your safety as well as the safety of any person you may dive with.

### MEDICAL QUESTIONNAIRE

Participant's full name (print) \_\_\_\_\_  
Last / Family / Surname First / Given Initial

Instructor(s) name (print) \_\_\_\_\_  
Last / Family / Surname First / Given Initial

Please read each question carefully and answer it by checking either YES or NO. Please explain any "yes" answers in the space provided at the bottom of this questionnaire. This form and your answers will be kept confidential. A positive answer will not necessarily exclude you from participating in ITI endorsed activities/events/competition, but a positive answer requires you to review this form with a physician to obtain their assessment and clearance for you to participate in any in-water activities.

1. **NEUROLOGICAL CONDITIONS:** Any history or current condition related to seizure disorder, stroke, brain surgery, black out, severe migraine headaches, vertigo or dizzy episodes, significant head injury or aneurysm of the brain's blood vessels. History of any intracranial brain bleed.  
Yes No
2. **CARDIOVASCULAR CONDITIONS:** Any history or current condition related to heart attack, heart surgery, irregular heartbeat, uncontrolled elevated blood pressure (hypertension), heart murmur, known PFO, acute pulmonary edema associated with swimming or diving.  
Yes No
3. **ASTHMA:** Any history or current condition related to asthma or asthma attacks, wheezing caused by exercise, anxiety, cold, fatigue, etc. Any history or current condition requiring medication and/or use of an inhaler for control of wheezing.  
Yes No
4. **PULMONARY CONDITIONS:** Any history or current condition related to spontaneous collapsed lungs, collapsed lungs due to injury, any history of Pneumothorax, cysts or air pockets of the lungs, severe damage to lung tissue, emphysema, or any lung problem which interferes with your ability to breathe. Any history of lung or tracheal squeezes due to previous breath-hold activities.  
Yes No
5. **EAR CONDITIONS:** Any history or current condition related to permanent holes of the eardrums, history of ruptured eardrums, permanent tubes in eardrums, severely impaired hearing or hearing loss in one or both ears, otitis media, middle ear infection, severe surfer's ear or major ear surgery.  
Yes No
6. **SINUS CONDITIONS:** Any history or current condition related to tumor, polyps, or cyst of the sinus cavities or nasal passages, major sinus surgery or persistent sinus infection.  
Yes No
7. **DIABETES MELLITUS:** Any history or current condition related to Type I Diabetes (Insulin dependent) or Type II Diabetes, which requires insulin or oral medication for control. Any form of Diabetes that is unstable, "brittle" or produces episodes of hypoglycemia (low blood sugar reactions), hyperglycemia (extremely high blood sugar with ketosis) or if there is related kidney disease, eye disease, heart disease or blood vessel disease. Also, any history or current condition related to elevated blood sugar during pregnancy.  
Yes No
8. **PREGNANCY:** Are you pregnant or currently planning to become pregnant?  
Yes No
9. **FREEDIVING / SCUBA DIVING CONDITIONS:** Any history or current condition related to a diving accident, decompression sickness, decompression of the inner ear or air embolus.  
Yes No
10. **MEDICATION:** Any medication taken on a regular basis either over-the-counter or prescribed by a physician.  
Yes No
11. **GENERAL MEDICAL PROBLEMS:** Any physical, psychiatric/psychological or emotional condition not referenced above that might affect your safety in an underwater environment or affect your judgment under times of physical or emotional stress  
Yes No

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Day / Month / Year

### Doctors Information When Required

Doctors name / stamp: \_\_\_\_\_

Doctors signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Day / Month / Year

My signature above certifies that I have reviewed the above-named individual's medical form with them and find no medical contraindications for their participation in breath-hold and freediving activities.

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# BOTTOM DWELLERS

## **Photo And Video Release:** Bottom Dwellers Freediving Ltd.

I, \_\_\_\_\_, hereby authorize Bottom Dwellers Freediving Ltd. (hereafter in this document referred to as “Bottom Dwellers”) to use my likeness in photographs and/or video in any and all of its publications, including but not limited to printed and digital publications. I understand and agree that any photograph/video captured during this course/coaching session/recreational dive/charter or other Bottom Dwellers event containing my likeness will be the property of Bottom Dwellers.

I acknowledge that my participation in Bottom Dwellers sponsored activities is voluntary and that I will receive no financial compensation for the use of my likeness.

I hereby irrevocably authorize Bottom Dwellers to edit, alter, copy, exhibit, publish or distribute any such likeness of myself for purposes of publicizing Bottom Dwellers’ programs, other business or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of my likeness in any photograph or video produced by Bottom Dwellers and/or its affiliates.

I hereby hold harmless and release and forever discharge Bottom Dwellers from all claims, demands and cause of action which I, my heirs, representatives, executors, administrators or nay other person acting on my behalf, or on behalf of my estate, have or may have related to this authorization and use of my likeness.

I am at least 18 years of age and am competent to contract in my own name. I have read this release before signing below and I fully understand the contents, meaning and impact of this release in its entirety.

\_\_\_\_\_  
Signature:

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Printed Name:



# International Training

**UNCONDITIONAL AND FULL GENERAL LIABILITY RELEASE - READ CAREFULLY**

**Directions:** Please read this document carefully because signing it indicates you are waiving certain legal rights, including the right to pursue personal injury negligence claims against the released parties. If you have any questions, ask any member of the support staff, or an attorney, before signing to signify your understanding. Please print when filling in the blanks and before signing your name at the end of this waiver.

I, (Print name clearly) \_\_\_\_\_ hereby affirm that I have been thoroughly informed of the risk involved with any freediving/breath-hold diving activity, for the course of (specify course) \_\_\_\_\_.

I understand that freediving/breath-holding underwater and related activities are inherently dangerous and involve risks of serious injury or death, including but not limited to hypoxia, anoxia, brain damage, marine life injuries, perils of the sea, barotrauma, shallow water blackout, head injury, broken bones, injuries incurred while entering and exiting the water, becoming lost or disoriented at depth, environmental factors which lead to injury, equipment problems leading to injury, buoyancy problems, fire and/or explosive hazards, improper dive planning, improper action of other divers or support personnel (including failure to rescue, recover, resuscitate, or provide medical assistance), hyperbaric injuries and drowning along with other unforeseen risks. I understand treatment of a freediving/breath-hold diving injury may require immediate medical attention and/or hyperbaric oxygen therapy. I understand that the training dives for this freedive/ breath-hold activity may be at a location that is remote, either by time, distance, or both, from medical care and/or a medical facility. I still voluntarily choose to participate in freedive/breath-hold activities in spite of the risk to me. I agree that I will never freedive/breath-hold dive alone; I will always freedive under the direct supervision of an equally trained and qualified buddy at all times.

In consideration of being allowed to participate in freediving/breath-holding activities, I understand and agree that neither Performance Freediving International (PFI) nor the officers, directors, shareholders, affiliated companies, employees, agents, volunteer(s) or assigns of the above listed entities and/or individuals, nor the authors of any materials including texts and tables expressly used for training and certification (hereinafter referred to as "Released Parties"), will be held liable or responsible by me or my heirs or assigns in any way for any injury, death, or other damages to myself, my family, heirs or assigns or my property that may occur directly or indirectly as a result of my participation in freedive/breath-hold activities AS A RESULT OF THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER ACTIVE OR PASSIVE;

nor my Instructors: \_\_\_\_\_;  
nor others: \_\_\_\_\_;  
nor Facility: \_\_\_\_\_.

I agree to release and hold harmless the Released Parties from any and all claims, lawsuits demands, damages, actions, causes of action, suits in equity of whatever kind or nature by myself, my family, estate, heirs or assigns, arising out of my participation in this freedive/breath-hold activity, including any and all claims arising during or after I complete the freedive/breath-hold training and activities, EVEN IF MY INJURY OR DEATH IS DUE TO THE NEGLIGENCE OF THE RELEASED PARTIES.

I understand that freediving/breath-holding and related activities are physically strenuous and that I will be exerting myself during this freedive/ breath-hold activity, and I expressly assume the risk of any and all injuries, and I will not hold the Released Parties responsible if I am injured as a result of heart attack, panic, hypoxia, hyperventilation, oxygen toxicity, decompression illness, gas embolism, drowning or any other cause of injury or death not specifically stated herein EVEN IF MY INJURY OR DEATH IS DUE TO THE NEGLIGENCE OF THE RELEASED PARTIES.

I am aware of the prerequisite skill level and/or equivalent diving experience necessary to participate in freedive/breath-hold activities, and I affirm that I meet these requirements. I understand that I am responsible for supplying and maintaining my freediver/breath-hold diving equipment in proper operating condition, regardless of where I obtained it or from whom. I understand that all the terms herein are contractual, they are not a mere recital, and I am signing this document of my own free act and in so doing, I AM VOLUNTARILY WAIVING AND RELEASE ALL OF MY LEGAL RIGHTS TO SUE THE RELEASED PARTIES FOR ANYTHING RELATED TO THEIR NEGLIGENCE IN CONJUNCTION WITH FREEDIVING/ BREATH-HOLDING TRAINING AND RELATED ACTIVITIES TO THE HIGHEST DEGREE ALLOWED BY A COMPETENT COURT OF PROPER JURISDICTION WHETHER IN LAW OR EQUITY.

In consideration of being allowed to participate in this freedive/breath-hold dive activity, I hereby personally assume all known and unknown risks in connection with freediving/breath-holding activities, for any harm, injury, or damage that may befall me while I am participating in this freedive/ breath-hold diving, including all risks of injury or death connected therewith, whether foreseen or unforeseen.

I further agree that if I or my heirs breach this Agreement by filing an action against the Released Parties I waive any right I may have to a trial by jury and that any claim shall be brought no later than one (1) year from the date of accident, incident or occurrence upon which the lawsuit or other claim for relief is brought.

I state that I am of lawful age and legally competent to sign this liability release, or that I have the written consent of my parent or legal guardian to engage in this freedive/breath-hold activity under the conditions of this release as stipulated by their signature below.



# International Training

**UNCONDITIONAL AND FULL GENERAL LIABILITY RELEASE - READ CAREFULLY**

It is my intention by signing this written document to waive and release all of the Released Parties, from all liability whatsoever for personal injury, property damage or wrongful death to me, however caused, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER ACTIVE OR PASSIVE.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS FULL, GENERAL LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE SIGNING IT ON BEHALF OF MY HEIRS AND MYSELF.

### ACKNOWLEDGMENT OF PRIOR CERTIFICATION AND EXPERIENCE

I state that I am already a qualified and certified freediver through the following training agencies \_\_\_\_\_ and that I hold training to the level of \_\_\_\_\_. I have been a certified freediver since \_\_\_\_\_ and have been freediving for \_\_\_\_\_ years for a total of \_\_\_\_\_ freedives to a maximum depth of \_\_\_\_\_M/F.

**This document is required to be completed and signed for all courses and taught under sanction by Performance Freediving International. No alterations, changes, omissions or revisions may be made.**

Participant name (print): \_\_\_\_\_  
Last / Family / Surname First / Given Initial

Participant signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Day / Month / Year

Parent/Legal Guardian name (if under 18 years of age) print): \_\_\_\_\_  
Last / Family / Surname First / Given Initial

Signature of Parent/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
Day / Month / Year

Witness signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Day / Month / Year

# Charters/Harvesting/Spearfishing Liability Waiver:



**Please read this document carefully for that signing it indicates you are waiving certain legal rights, including the right to pursue personal injury negligence claims against the released parties.** If you have any questions, ask any member of the support staff, or an attorney, before signing to signify your understanding. Please print when filling in the blanks and before signing your name at the end of this waiver.

I, \_\_\_\_\_ (Print name clearly) hereby affirm that I have been thoroughly informed of the risks involved with any freediving/snorkelling/breatholding and hand-harvesting/spearfishing related activities (hereinafter said activities will be referred to as “In-Water Activities”). I understand that these listed underwater and related activities are inherently dangerous and involve inherent risks of injury or death, including but not limited to hypoxia, marine life injuries, perils of the sea, barotrauma, shallow water blackout, impalement, head injury, broken bones, injuries incurred while entering and exiting the water, brain damage, death, drowning and hyperbaric injuries. I understand treatment of dive/freedive/breathold related injuries may require immediate medical attention and/or hyperbaric oxygen therapy.

I understand that the training/chartered/guided dives for these “In-Water Activities” activities may be at a location that is remote, either by time, distance, or both, from medical care and/or a medical facility. I still voluntarily choose to participate in these “In-Water Activities” activities in spite of the risk to me. I understand that the risk of shallow water blackout, brain damage and death from anoxia/hypoxia is inherent to freediving/breathold diving activities, and I still choose to voluntarily participate in freediving/breathold diving in spite of these known risks. I agree that I will never freedive/breathold dive alone; I will always freedive with a qualified surface support freediver with me at all times; I will always observe safe band-powered device management practices; I will never point a band-powered device at another person or any other inanimate object (loaded or not) which is not seen as a target for purposes of harvesting/spearfishing; I will practice safe line management practices; I will manage my dive knife safely and responsibly.

In consideration of being allowed to participate in said “In-Water Activities” I understand and agree that neither:

Bottom Dwellers Freediving Ltd.

nor its instructors/safety supervisors/captains:

nor its (Facility/ies):

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

nor any of their respective officers, agents, employees, volunteers or associated persons, nor any vessels or businesses (hereinafter referred to as “Released Parties”) will be held liable or responsible by me or my heirs or assigns in any way for any injury, death, or other damages to myself, my family, heirs or assigns that may occur directly or indirectly as a result of my participation in freedive\breathhold activities AS A RESULT OF THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER ACTIVE OR PASSIVE.

In consideration of being allowed to participate in said “In-Water Activities”, I hereby personally assume all known and unknown risks in connection with freediving/breath-holding activities, for any harm, injury, or damage that may befall me while I am participating in this freedive/breathold diving, including all risks of injury or death connected therewith, whether foreseen or unforeseen.

I agree to release and hold harmless the Released Parties from any and all claims, lawsuits demands, damages, actions, causes of action, suits in equity of whatever kind or nature by myself, my family, estate, heirs or assigns,

arising out of my participation in this freedive/breathhold activity, including any and all claims arising during or after I complete the freedive/breathhold training and activities, EVEN IF MY INJURY OR DEATH IS DUE TO THE NEGLIGENCE OF THE RELEASED PARTIES.

I understand that freediving/breath-holding and related activities are physically strenuous and that I will be exerting myself during this freedive/breathhold activity, and I expressly assume the risk of any and all injuries, and I will not hold the Released Parties responsible if I am injured as a result of heart attack, panic, hypoxia, hyperventilation, oxygen toxicity, decompression illness, gas embolism, head injury, broken bones, brain damage, drowning or any other cause of injury or death not specifically stated herein EVEN IF MY INJURY OR DEATH IS DUE TO THE NEGLIGENCE OF THE RELEASED PARTIES.

I am aware of the prerequisite skill level and/or equivalent diving experience necessary to participate in freedive/breathhold activities, and I affirm that I meet these requirements. I understand that I am responsible for supplying and maintaining my freediver/breath-hold diving equipment in proper operating condition, regardless of where I obtained it or from whom.

I acknowledge that should I at any point feel uncomfortable or uneasy with my designated in-water buddy/buddies that I will immediately bring this to the attention of the in-water instructor/safety-supervisor/guide to address the issues at hand.

I understand that all the terms herein are contractual, they are not a mere recital, and I am signing this document of my own free act and in so doing, I AM VOLUNTARILY WAIVING AND RELEASE ALL OF MY LEGAL RIGHTS TO SUE THE RELEASED PARTIES FOR ANYTHING RELATED TO THEIR NEGLIGENCE IN CONJUNCTION WITH FREEDIVING/BREATH-HOLDING TRAINING AND RELATED ACTIVITIES TO THE HIGHEST DEGREE ALLOWED BY A COMPETENT COURT OF PROPER JURISDICTION WHETHER IN LAW OR EQUITY.

I state that I am of lawful age and legally competent to sign this liability release, or that I have the written consent of my parent or legal guardian to engage in these "In-Water Activities" activities under the conditions of this release as stipulated by their signature below.

It is the intention of \_\_\_\_\_ (print name) by this written document to waive and release all of the Released Parties, from all liability whatsoever for personal injury, property damage or wrongful death to me, however caused, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASED PARTIES, WHETHER ACTIVE OR PASSIVE.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS FULL GENERAL LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE SIGNING IT ON BEHALF OF MY HEIRS AND MYSELF.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian (if under 18 years of age)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Witness (printed name and signature)

\_\_\_\_\_  
Date

# Charters/Harvesting/Spearfishing

## Statement of Understanding:



This is a statement in which you are informed of Bottom Dwellers Freediving Ltds established safe snorkelling/snorkel-harvesting/freediving/freedive-harvesting/spearfishing practices. These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety in snorkelling /snorkel-harvesting / freediving / freedive-harvesting / spearfishing and other such activities provided by Bottom Dwellers Freediving Ltd. Your signature on this statement indicates that you are aware of these practices and is one of the requirements to be able to partake in tours and adventures provided by Bottom Dwellers Freediving Ltd. and it's affiliates. Please read and discuss the statement prior to signing it. If you are a minor, a parent or guardian must also sign this form.

I, \_\_\_\_\_, (print name) understand that as a snorkeler/freediver/harvester/spearfisher I should:

- Maintain good mental and physical fitness for freediving. Avoid being under the influence of alcohol or dangerous drugs when freediving and stay well hydrated. Keep proficient in freediving skills, striving to increase them through continuing education and reviewing them in controlled conditions after a period of freediving inactivity which may include refresher or coaching programs with a PFI Instructor.
- Be familiar with my dive sites. If not, obtain a formal site orientation from a knowledgeable, local source listening carefully to dive related briefings and directions and respect the advice of those who may be supervising my freediving activities. If freediving conditions are worse than those in which I am experienced, postpone freediving or select an alternate site with better conditions.
- Engage only in freediving activities consistent with my training and experience. This may mean that I limit my depth to accommodate my dive buddy's abilities. Do not engage in overhead environment freediving such as cave, wreck or ice freediving.
- Use complete, well-maintained, reliable and appropriate equipment with which I am familiar; and inspect it for correct fit and function prior to each freediving session.
- Never practice or take part in freediving activities without a buddy, whether in open water or in confined water. Adhere to the buddy system throughout every in-water outing specifically adhering to the 'one up, one down' system of buddy freediving. Employ 'direct supervision' when planning any in-water breath-holds and plan your dives – including communications and emergency procedures – with my buddy. 'Direct supervision' means that I will adhere to the following:
  - 'One up, one down' buddy system, able to respond and immediately protect the airway at the surface.
  - Provide recovery breathing coaching if required.
  - Supervise buddy upon reaching the surface for no less than 30 seconds.
  - Ensure my dive buddy has the appropriate experience and depth capability to act as my safety.
- Have a means to monitor depth and/or time under water. Limit maximum depth and time to my level of training and experience. When freediving deeper than 40m / 132ft, utilize deep-water supervision procedures along with 'direct supervision' appropriate for the environment I am diving in which may mean utilizing 'freediver retrieval systems' along with such equipment as lanyards and other personal safety systems.
- Wear appropriate exposure protection and appropriate amount of weight so that I am neutrally buoyant at a depth of 10m/30ft or deeper while at a minimum achieving positive buoyancy at the surface on an exhalation. Have weight system accessible for easy removal, and establish buoyancy when in distress.
- Take sufficient surface intervals to properly breathe between freedives of approximately double my last freedive time and on dives deeper than 25m / 80ft take at least 8 minutes. On dives deeper than 40m / 132ft more

advanced surface intervals should be observed. Avoid excessive hyperventilation and/or packing and also avoid overexertion while in and under water and freedive within my limitations. Should any problems associated with hypoxia such as loss of motor control or blackout occur while freediving or during any apnea, or any barotrauma injuries or decompression illness occur, discontinue any freediving or apnea for the day and seek medical assistance if required.

- Know and obey local diving laws and regulations, including fish-and-game and dive-flag laws.

**In addition to the the statements of understanding above, I acknowledge that:**

- I will harvest and spearfish while snorkelling/freediving to standards set by Bottom Dwellers Freediving Ltd, it's affiliates, supervisors and support staff.
  - I will practice and follow all safety protocols when it comes to disembarking, boarding, and approaching entry and exit points either from land, boat or any other means of transportation.
  - I will respect marine life and the environments within which we are given the privilege to enjoy.
  - I will follow Rules and Regulations set in place by the local governing bodies and officials.
  - I will observe and follow the “Zero Tolerance” rules set in place by Bottom Dwellers Freediving:
    - Absolutely no mishandling of band-powered devices
    - Absolutely no freediving without safe-buddy supervision
  - I will use a dive-flag/float/float-line/speargun combination system for safety purposes
  - I will never load a speargun or band-powered device out of water
  - I will never point a band-powered device at any person or object other than an indented target.
  - I will practice safe line management protocols to best avoid entanglement
  - I will practice safe protocols when approaching such geological features as holes and squeezes

I acknowledge that I feel safe and comfortable with the designed approach to the Freedive/Snorkel Harvesting and Spearfishing program/tours/charters/instruction which Bottom Dwellers Freediving Ltd. is providing. I acknowledge that if at any point I feel unsafe, for any reason, I will immediately inform the Instructor/In-Water Guide/Safety Supervisor and address the situation with them.

I acknowledge that should I at any point feel uncomfortable or uneasy with my designated in-water buddy/buddies that I will immediately bring this to the attention of the in-water instructor/safety-supervisor/guide to address the issues at hand.

**I assume onto myself the risks and dangers associated with the sport and activities taking place from this point forward. I have read the above statements and have had any questions I may have had answered to my satisfaction. I understand the importance and purposes of these established practices. I recognize they are for my own safety and well being as well as that of my dive-buddy, and that failure to adhere to them can place me and my dive-buddy in jeopardy while freediving/freedive-harvesting/freedive-spearfishing.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian (if under 18 years of age)

\_\_\_\_\_  
Date