



## Scuba Diving Participant Guide



**TOYON BAY ❖ CATALINA ISLAND ❖ CALIFORNIA**

**33.3750° N. 118.3537° W**



# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

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### About Catalina Sea Camp

Catalina Sea Camp has been operated by Guided Discoveries, a 501(c)(3) educational nonprofit organization, since 1980. The mission of Guided Discoveries is to “make a difference in the lives of children through unique opportunities for discovery.”

Catalina Sea Camp offers exceptional ocean adventure and marine science experiences along with social camp activities. Located at the Catalina Island Marine Institute’s Toyon Bay campus, the coed, overnight summer camp boasts an expansive, protected waterfront and a 90 acre footprint. Specialty programming includes sailing, scuba diving, snorkeling, surfing, paddling, and marine ecology. One-week sessions are designed for campers aged 8-13 and three-week sessions are for campers aged 12-17.



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### About the Dive Program

The dive program at Catalina Sea Camp connects campers with the underwater world through snorkeling, freediving, and scuba diving. The program mission is to create an atmosphere of safety, accountability, and fun while students gain required knowledge, skills and experience exploring the ocean. The dive program is aligned with the National Association of Underwater Instructors (NAUI) who's core value of "Dive Safety Through Education" guides our operations.

### One-Week Sessions (age 8-13)

All campers rotate through a schedule of various activities with their cabin group. During afternoon elective periods, 10-13 year old campers are able to individually select activities.

**Snorkeling:** Most dive programming during one-week sessions focuses on snorkel instruction and exploration, with an emphasis on fun! The objective of the program is to develop basic snorkel skills while campers gain comfort in the ocean and with their snorkel equipment. Introductory freediving skills are taught to campers who express interest and comfort. Cabin groups will snorkel in Toyon Bay, with the same instructor, two or three times over the course of the week. Older campers will have the option of participating in additional snorkels at the Avalon Dive Park during elective periods.

**Scuba Diving (age 12+):** An introductory scuba experience, 'Try Dive,' is offered to our campers who are 12 years old while at camp (pending medical approval and paperwork submission) during afternoon elective periods. Campers will learn the basics of scuba equipment and safety and will practice basic scuba skills on the surface and underwater. Instructor to student ratio is 2:1 (max) and pace of the course is dictated by camper comfort.



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### Three-Week Sessions (age 12-17)

Campers select their preferred courses prior to camp. Courses are scheduled in an alternating day block format. Courses run concurrently and meet six times over the three-week session.

**Snorkeling/Skin Diving/Freediving:** A range of courses are offered for campers with varying levels snorkeling and freediving experience. Introductory, photography, and videography courses allow campers to get in the ocean at multiple dive sites on the island. The Freediver Certification course focuses on technical breath hold and freediving skills.

**Scuba Diving:** Scuba course offerings include introductory courses like 'Try Dive' and NAUI Open Water Certification. For divers holding an open water certification from a recognized agency, we offer a host of continuing education certifications including Rescue Diver, Master Diver, and Scuba Photography. Continuing education courses are only available for campers who are certified at the start of the camp session. Participation in scuba courses requires medical approval and paperwork submission.

\*A full list of course offerings and prerequisites is available in the 'Sea Camp Activity Guide' which can be found on our website or in your camper account.



### Our Staff

The Catalina Sea Camp dive staff is composed of NAUI Instructors and Divemasters who undergo rigorous training. NAUI's 'loved one concept' dictates that, "an individual should not be qualified as a NAUI Instructor unless those empowered to qualify the person would allow that person to teach their loved ones to dive." All have current certifications for Administering Emergency Oxygen, and First Aid/CPR/AED for the Professional Rescuer and many are American Red Cross Lifeguards. Staff participate in an intensive training week focusing on risk mitigation, emergency response, and working with youth. Regular inservice training is conducted through summer.



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### Dive Program Medical Policies

Campers participating in scuba diving must be in excellent health, good physical condition, and show good judgment. Respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. Our medical policies are conservative due to the location of our facility and the young divers we serve.

Some scuba agencies and dive operations may allow exceptions to general medical prohibitions based on individual diving fitness evaluations by a medical specialist who is knowledgeable about diving medicine. However, this does not mean that campers will be accepted under Catalina Sea Camp's policies. Campers, parents, dive supervisors, and physicians with questions or concerns about diving with specific medical conditions should consult the RSTC Guidelines for Recreational Scuba Diver's Physical Examination. In addition, the Divers Alert Network (DAN) can be contacted for a consultation with medical professionals at 919-684-2948 during normal business hours, or via the contact form at [diversalertnetwork.org](https://diversalertnetwork.org).

### Screening

All campers must complete the Recreational Scuba Training Council (RSTC) Medical Statement and be approved by a physician to dive without restriction. Honesty on health forms is required. Various risk factors on the forms may exclude a person from scuba diving, either temporarily or permanently. Risk factors include but are not limited to:

- Ear and sinus problems
- Recent surgery
- Spontaneous pneumothorax
- Asthma or reactive airway disease (RAD)
- Epilepsy
- Seizure disorders
- History of blackouts or fainting
- Diabetes
- Multiple (more than one) medication for ADD, ADHD, and depression
- Anxiety
- Panic disorders
- Active psychosis
- Narcolepsy
- Being extremely overweight
- Leukemia
- Sickle-cell disorder

Catalina Sea Camp will review the health information of each participant and evaluate risk conditions. Additional tests or physician consultations may be required to confirm fitness for diving. Final approval for participation in scuba diving at Catalina Sea Camp will be made by the Dive Director.

### Absolute medical conditions that disqualify individuals from diving at Catalina Sea Camp:

- Asthma induced by exercise, cold air, or emotion (additional asthma info. below)
- Current Epilepsy/Seizures
- Diabetes
- Spontaneous pneumothorax
- Narcolepsy
- Blackouts/fainting/sudden loss of consciousness
- Severe Anxiety
- Multiple (more than one) medication for ADD, ADHD, Depression

**NOTE:** For additional information, read the detailed descriptions on the following pages. Not every disqualifying medical condition for diving at Catalina Sea Camp is listed. If you require further clarification regarding a listed or unlisted medical condition, contact the Dive Director at [diving@gdi.org](mailto:diving@gdi.org).

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### Asthma

Campers with **current asthma induced by exercise, cold air, and or emotion** will not be cleared to scuba dive at Catalina Sea Camp. There are no exceptions, exclusions or waivers to this policy.

Campers who have been prescribed an inhaler or have a history of any type of asthma, RAD, wheezing, or respiratory problems, but have been asymptomatic, and has not used medication to control asthma, **for more than five years**, may be cleared to dive upon submission of evidence from their treating physician (completion of the Asthma/RAD Supplemental Evaluation Form).

Campers who have been prescribed an inhaler or have a history of any type of asthma, RAD, wheezing, or respiratory problems, and have been asymptomatic, and has not used medication to control asthma, **for fewer than five years**, may be cleared to dive. To be considered for clearance the instructions below must be followed:


1. Find a physician who is familiar with diving medicine and respiratory health. We recommend contacting the Divers Alert Network at 1-800-446-2671 to find the nearest approved diving physician.
2. In making your appointment, let the physician know that we require the following tests:
  - A spirometry test
  - An exercise challenge pulmonary function test
3. Spirometry results must be normal before and after exercise for the camper to be considered for participation in our program. We ask that the "Asthma/RAD Supplemental Evaluation Form" be filled out by the evaluating physician.
4. Submit the form and copies of the test results to the Dive Director at [diving@gdi.org](mailto:diving@gdi.org).
5. The Sea Camp RSTC Medical Statement must also be filled out, signed by a physician, and submitted.
6. When the the steps above have been completed, the camper will be evaluated by the Diving Director for eligibility in our Diving Program. If you have any questions regarding asthma/RAD and SCUBA diving or our policies, contact the Dive Director at [diving@gdi.org](mailto:diving@gdi.org).

### Epilepsy/Seizures

Campers with a history of epilepsy or seizure activity may be cleared to scuba dive if they have been asymptomatic AND medication-free for five years. Evidence from physician must be provided.

### Diabetes

Diabetic campers who are under 18 years of age will not be cleared to scuba dive regardless of the type of diabetes, medications used to control it, or level of control. There are no exceptions, exclusions or waivers to this policy.

	<b>Medical</b> Non-emergency medical information line <b>+1-919-684-2948</b> Choose Option 2
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### Psychological and Emotional Conditions

A psychological disorder does not necessarily exclude an individual from participation. Any condition should be well controlled. Any medication to control psychological and emotional conditions should not be stopped immediately prior to participation, and medication should be continued throughout the entire session. Several psychotropic medications are NOT COMPATIBLE with the hyperbaric stresses of scuba diving. All medications MUST be listed on the RSTC Medical Statement. Campers on multiple medications (more than one) for ADD, ADHD, depression, anxiety or any psychological condition will not be cleared for scuba diving. Campers with severe anxiety will not be cleared for scuba diving.

### Illness at Camp

While at camp, campers who are ill and suffering from congestion, cold, cough or other ailments, will be restricted from diving. Campers will be sent to the nurse for appropriate care. Diving will not be allowed for 24 hours after a decongestant has been taken. If the camper is in a certification class, reasonable attempts will be made to make up missed dives and skills when/if the camper is able to dive again. In the case that missed dives and skills can not be made up, a referral will be written.

### Other Dive Program Policies

The Catalina Sea Camp dive program recognizes scuba industry standards and employs conservative policies to keep our young divers as safe as possible.

### Eligibility

Catalina Sea Camp reserves the right to refuse participation in our dive program. Dishonesty in any step of the eligibility process may disqualify a camper from diving in our program.

**Age:** Campers must be 12 years old to participate in any scuba diving activity or course while at Catalina Sea Camp.

Campers under 15 years of age will be considered junior divers and eligible for most certifications at the junior level. Junior divers will be limited to a depth of 60' and will be accompanied at all times by a NAUI dive leader, per NAUI standards. Age prerequisites apply to some courses (outlined in the 'Sea Camp Activity Guide').

**Insurance:** Catalina Sea Camp requires all scuba divers to carry insurance that covers scuba diving incidents. While many health insurance companies cover scuba diving accidents, some deem scuba diving an extreme sport and will not cover any costs accrued from an accident.

If your health insurance company does not cover scuba diving accidents, we require that you purchase Dive Accident Insurance from the Divers Alert Network (DAN). To view options and purchase insurance, go to [DiversAlertNetwork.org](https://diversalertnetwork.org). *If purchasing insurance, please use our member referral number (1459079).* Proof of coverage is required.

Uncertified campers enrolled in Scuba Diver Certification classes are eligible for DAN's complimentary Student Insurance program which meets our requirements for scuba diving insurance. For more information, visit [diversalertnetwork.org/membership/student/](https://diversalertnetwork.org/membership/student/).

**Certification:** Campers must be certified by a nationally recognized scuba training organization or be currently enrolled in a scuba diving training course.

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**Motivation:** Campers must have personal motivation to participate in scuba diving activities. Those diving solely to please someone else will not be allowed to participate. If a campers chooses not to participate in a scuba class while at camp, they will be moved to another available activity.

**Paperwork:** In addition to the general paperwork required for Catalina Sea Camp, forms specific to the scuba program must be completed and submitted. These include:

- R.S.T.C. Medical Statement (must be signed by physician)
- NAUI Waiver (camper and witness signatures required)
- Scuba Form (online): Includes; Dive History, Insurance Verification, Medical Verification, Safe Diving Practices, Sea Camp Scuba Waiver
- Scuba Documentation From (if applicable)
- Asthma/RAD Supplemental Evaluation Form (if applicable)
- Personal Scuba Equipment Service Record (if applicable)

Campers will not be allowed to scuba dive unless all paperwork has been received and approved by the Dive Director. We suggest starting on the scuba paperwork as soon as possible. Forms can be accessed though your Camper Account at [gdi.campintouch.com](http://gdi.campintouch.com). Detailed instructions for completing required paperwork are included later in this document.





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### Skills Verification

All campers who arrive as certified divers will have their diving skills evaluated in a confined water environment before participating in open water diving activities. This helps to ensure that campers will be able to handle common problems that arise while diving. The skills evaluation, or “check out dive,” will be done during the first class session for each scuba course. Campers must be able to comfortably complete the following skills:

- Equipment Set Up
- Buddy Check
- Buoyancy Check
- Hello Ocean/Salute the Sea (at the surface, breathe through regulator with face in water without mask)
- Surface Weight Belt Removal and Replacement
- Surface BCD Removal and Replacement
- Descent on Line
- Regulator Clear (Blast/Breath and Purge Button)
- Regulator Removal and Recovery (Sweep and Reach methods)
- Mask Clear
- Mask Removal and Replacement
- Weight Belt Removal and Replacement
- BCD Removal and Replacement
- Alternate Air Share with Octopus as Donor and Receiver
- Free Ascent

If any skill is not able to be completed on the first dive, it may be retried on a subsequent dive. If major skill deficiencies exist, the camper may be moved to a remedial course.



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### Supervision

All diving activities must be directly or indirectly supervised by a member of the Catalina Sea Camp Dive Staff (NAUI Instructors and Divemasters). No diving will be conducted outside of class time without the express permission of the Dive Director.

### Equipment

For all scuba classes (with the exception of Try Dive), we ask that campers provide their own mask, snorkel, fins, and booties. **These items must be designed for scuba diving.** If campers arrive without gear or with gear not suited for scuba diving, we will outfit them with gear from our dive store and charge the cost to their camper account. One option for purchasing suitable gear is through our online dive store, [dive-store.myshopify.com](http://dive-store.myshopify.com). Orders will be picked up by campers **at camp** where staff will ensure proper fit and assist with labeling. \*We are not able to ship gear orders.

Catalina Sea Camp provides wetsuits, weights, weight belts, timing devices, weight integrated BCDs, and regulators. Regulator consoles are equipped with a submersible pressure gauge, depth gauge, and compass. Some regulator sets have computers, these are assigned by class. Our equipment is serviced annually by a certified technician and inspected by daily by staff.

Campers are welcome to bring their own wetsuits, weights, weight belts, timing devices, BCDs, regulators, and computers with them to camp. We ask that campers not bring dive knives to camp. Other cutting devices (shears, line cutters) are acceptable. If personal gear is brought, the following guidelines must be followed:

- Campers must be comfortable with the gear they bring and experienced in its use.
- Regulators and BCDs must have been serviced or purchased new within one year of the end of the camp session, or as instructed by the manufacturer.
- Catalina Sea Camp's "Service Record Form" must be submitted, with receipts or service records attached, for any BC or regulator brought to camp.
- Gear will be inspected by our gear technician to insure it meets our safety standards.
- Catalina Sea Camp reserves the right to deny use of any gear brought to camp.
- Camper's personal scuba gear is for their use only, they may not share with other campers or allow others to borrow or use their gear.
- All gear should be labeled with the camper's name (we find that paint pens or gear marking paint work well- see other tips here: <http://dolphindiveathens.com/marking-your-dive-gear/>).
- Catalina Sea Camp is not responsible for gear that is lost, damaged, or stolen.



[dive-store.myshopify.com](http://dive-store.myshopify.com)



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### Certification Process

Participation in a scuba certification course does not guarantee certification. Participants must meet all requirements set forth in the NAUI Standards and Policies Manual. These requirements include skills, academics, exams, and a set number of open water dives.

If a camper does not complete their certification, they will be given a referral packet, listing the skills, academics, exams, and dives they have completed and what they still need to accomplish to earn their certification. The referral packet may be taken to a dive shop or dive professional who can continue the course with them.

Campers who are ill and suffering from congestion, cold, cough or other ailments, will be restricted from diving. Campers will be sent to the nurse for appropriate care. Diving will not be allowed for 24 hours after a decongestant has been taken. If the camper is in a certification class, reasonable attempts will be made to make up missed dives and skills when/if the camper is able to dive again. In the case that missed dives and skills can not be made up, a referral will be written.



### Safety and Risk Management

Catalina Sea Camp employs conservative diving policies and standards to limit the risk of injury or harm.

### Emergency Equipment Available

Our waterfront area is equipped with multiple first aid kits, a DAN Trauma kit, DAN Emergency Oxygen Units, an Automated External Defibrillator (AED), lifeguarding supplies, backboards, and an underwater diver recall system, and a long range VHF marine radio.

Our dive boat is equipped per U.S. Coast Guard Regulations. Emergency equipment includes a first aid kit, a DAN Trauma kit, DAN Emergency Oxygen Units, an Automated External Defibrillator (AED), lifeguarding supplies, a backboard, rescue board, an underwater diver recall system, fire suppression system, fire extinguishers, and a long range VHF marine radio.

Our camp's nurses station is equipped with additional emergency equipment, medication, and medical supplies.

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### Emergency Training

Catalina Sea Camp's Dive Staff is trained in American Red Cross First Aid/CPR/AED for Professional Rescuers and Administering Emergency Oxygen.

A camp nurse and EMT are on site at all times.

Scuba rescues, emergency procedures on land and at sea, and lost diver procedures are thoroughly practiced during staff training-week. Regular rescue and first aid inservice training is conducted periodically through summer.

### Emergency Response

1. In the event of an injury or emergency, appropriate first aid will be given by Catalina Sea Camp Staff trained in American Red Cross First Aid/CPR/AED for Professional Rescuers and Administering Emergency Oxygen.
2. If the injury or emergency occurs in camp, the camp nurse/EMT will provide care to their level of training.
3. If required, Emergency Medical Services will be alerted and their recommendations followed. Typical emergency response time to Catalina Sea Camp is 20 minutes.
4. If the injury or emergency involves a scuba diving, the Diver's Alert Network (DAN) will be contacted and their recommendations will be followed.
5. If advised and necessary, the injured person may be transported, by EMS or Catalina Sea Camp Staff, to the Catalina Island Medical Center, the Catalina Island Hyperbaric Chamber, and/or to a medical facility on mainland California.
6. Parents/guardians will be contacted as soon as possible.



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### Safe Diving Practices

Catalina Sea Camp's safe diving practices should be reviewed and acknowledged by all campers participating in scuba. Failure to adhere to these practices may result in the suspension of a camper's scuba diving privileges.

**Depth:** Campers will generally be limited to maximum diving depths of 40 feet (12 meters). Campers enrolled in Advanced Certification and Master Diver Certification courses will participate in one deep dive to 70 to 90 feet (21-27 meters). Junior divers (under 15 years of age) will be limited to 60 feet (18 meters) for deep dives. All deep dives will be directly supervised by a dive leader.

**Time:** Dive times will be limited to 40 minutes or the maximum dive time for a given depth as described in the NAUI Dive Tables. Check out dives and skills training dives may be over 40 minutes if the maximum depth of the dive does not exceed 20 feet (6 meters) and dive times are within NAUI Dive Table limits.

**Buddy System:** Campers must employ the buddy system at all times while in the water. While snorkeling or scuba diving, buddies must remain within arm length distance.

**Reserve Air:** Campers must surface with a minimum of 500 psi unless needed for an emergency.

**Dive Planning:** Dives must be planned with a dive buddy, including communications, procedures for reuniting in case of separations, and emergency procedures. Deepest dives are to be planned first and a minimum surface interval of one hour is to be planned between dives.

**Dive Briefings:** Campers must listen carefully to dive briefings and directions, and respect the advice of those supervising diving activities.

**Health:** Campers must maintain good mental and physical fitness for diving, stay hydrated and healthy, only dive when feeling well and avoid being under the influence of alcohol and dangerous drugs while diving. Campers should give themselves plenty of time to rest between dive, avoid overexertion while in the water, and dive within their limitations.

**Skills:** Campers are to keep proficient in diving skills, striving to develop them through continuing education.

**Ascent Rate:** Campers are to ascent at a rate of no more than 30 feet (9 meters) per minute.

**Safety Stops:** Campers must make a mandatory 'safety stop' at 10 to 20 feet (3-6 meters) for three minutes or longer on any dive deeper than 20 feet (6 meters) and include that time in the total dive time.

**Breathing:** Campers should breath normally and continuously while on scuba. Campers should not skip breathe or hold their breath while breathing compressed air. When breath-hold diving, excessive hyperventilation must be avoided.

**Equalization:** Divers must equalize all airspaces early and often while scuba or breath-hold diving. If any airspace is not able to be equalized, the diver should not continue to deeper depths. They should communicate with their dive leader and dive buddy and follow procedures described in their dive briefing.



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### Maintaining Dive Health

Campers will be allowed to dive when healthy and well rested. The leading cause of campers not earning targeted certifications is illness at camp, which is especially common in the last week of the session. The recommendations listed below may help to maintain diving health in a busy camp setting.

**Ears:** Equalize early and often. Campers should never put anything into their ears (even a Q-Tip). Drain excess water from the ears after immersion by tilting the head to one side, and gently pulling on the earlobe to release confined water.

**Hydration:** Campers should be adequately hydrated prior to diving. We recommend drinking plenty of water and 2-3 cups at the meal prior to their dive class. Campers should bring a full, reusable water bottle with them to every meeting of their dive class.

**Rest:** Campers should take advantage of rest time at camp. Sleeping at least 8 hours per night and relaxing outside of class time is recommended.

**Diet:** A well balanced, healthy diet should be maintained. Campers in our scuba classes exert significant energy in and out of the water and their food intake must support this.

**Cleanliness:** To prevent the spread of germs, campers should wash their hands prior to meals and after using the restroom. They should not share water bottles, chapstick, pillows, or anything else they put near their face, with other campers.

**Sunscreen:** Campers should wear sunscreen during all camp activities and reapply often. Sunscreen is provided at numerous locations throughout camp. We also recommend the use of UPF 30 or greater, long sleeve shirts and rash-guards as well as hats, buffs, and polarized sunglasses.

### Wildlife and Toxic Organisms

Wildlife encounters at Catalina Sea Camp are often exciting and beautiful! Campers should avoid touching, harassing, or provoking marine animals. Some wildlife does pose a small threat to humans, below are the species we are often asked about.

**Sharks:** Most of the sharks in Catalina's waters are small, shy, bottom dwelling species. Larger, open ocean sharks are rarely encountered and pose an **extremely low** risk to humans. If there is an aggressive shark encounter reported on the island, our waterfront will be closed for 24 hours.

**Rays:** Round Rays and Bat Rays are common near shore on Catalina Island. They often cover them selves in sand in shallow sandy areas. To avoid stepping on rays and being pierced by their barb, we encourage campers to shuffle their feet (also known as the "sting ray shuffle") when entering and exiting the water.

**Eels:** The California Moray Eel has poor eyesight, spends most of its time in rock crevices and is active mostly at night. To avoid a mistaken bite from their sharp teeth, campers are told to not put their hand in crevices or cracks.

**Scorpionfish:** California Scorpionfish have sharp spines on their top and bottom fins that deliver toxins when touched. They are active at night and camouflage in algae on rocks, and underwater structures during the day. Campers should not touch these fish and should practice good buoyancy to avoid putting their hand down on rocks/structures.

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### Diving at Catalina Sea Camp

#### Shore Diving

Most diving at Catalina Sea Camp is done from shore at Toyon Bay. Campers may enter the water doing a shore/surf entry or from our floating dock doing a giant stride entry. Toyon Bay is mostly sandy bottomed, with rocky reef on either end. Pier pilings and reef balls add structure to the middle of the bay.

Our confined water diving area is a buoyed off section adjacent to the pier. It has a sandy bottom with depths to about 20 feet (6 meters) with multiple bottom lines and floated ascent/descent lines.



#### Boat Diving

Boat diving is done aboard our 38 foot dive boat, 'The Discovery', with capacity for 22 divers, a deckhand/divemaster, and the captain. The boat makes morning and afternoon trips to areas with the best diving conditions on the island. Common destinations include; Twin Rocks, Bird Rock, Ship Rock, the West End Quarry (the Crane), and Ripper's Cove. All classes, with the exception of NAUI Scuba Diver, are scheduled on The Discovery, at least once.



#### Dive Park Diving

Campers have the opportunity to dive at Casino Point, the oldest protected area on the island. The Dive Park is open to the public and is one of the best dive sites on Catalina. Abundant kelp forests, marine life, and frequent sightings of Black Sea Bass make it a camper favorite. Divers use cement stairs for entries and exits. Campers must stay with their class and be under the supervision of Catalina Sea Camp staff at all times. All classes, with the exception of NAUI Scuba Diver, are scheduled to go to Avalon, at least once.

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### Limits

Divers are limited to depths of 40 feet (12 meters) and bottom times of 40 minutes. Exceeding these limits will result in suspension of diving privileges at Catalina Sea Camp.

Courses that require a deep dive (Advanced and Master Diver) will exceed these limits under the direct supervision of a NAUI Instructor. Check Out dives and Scuba Diver training dives in confined water may exceed 40 minutes at the discretion of the instructor.



### Expectations

Campers are expected to:

- Arrive on time for class. Some classes will meet during evening elective periods or early to go 'out of the bay' (on The Discovery or to Avalon) or to catch up on required skills. These classes will be announced at the meal prior to each class. Campers are expected to pay attention to these announcements.
- Set up, break down, and clean their scuba units per Catalina Sea Camp standards. These skills will be taught at the beginning of the session and will be supervised by the dive leaders.
- Log every dive. Dive leaders will assist with logging and issue verification stickers.
- Participate in dive briefings and debriefings.
- Lay scuba cylinders and scuba units down when they are outside of arm's reach.
- Follow safe diving practices and rules set forth by Catalina Sea Camp Dive staff. These are designed for the safety of each diver and all participants. Failure or unwillingness to follow these rules will result in the suspension of diving privileges at Catalina Sea Camp.



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### Preparing for Diving at Catalina Sea Camp (Three-Week Sessions)

For campers to get the most out of their Catalina Sea Camp experience, campers must be prepared for the mental and physical demands of scuba diving. We recommend preparing in the following ways.

#### Water Skills

Campers participating in scuba classes must be fit, competent swimmers and comfortable in the water.

For all divers, we suggest spending time in a pool or in the ocean, refreshing and/or developing swimming and snorkel skills, prior to camp. Most aquatic facilities offer swim lessons and many dive shops will offer intro to snorkeling courses. We expect campers enrolling in the Scuba Diver Certification class to have basic snorkel skills. If they do not, they should plan to take our Try Dive or Skin Diver course. The following skills are required for the Scuba Diver Certification course and are usually done, in the ocean, on the first day:

- Swim horizontally underwater for 50 feet (15 meters) on one breath (no push off or dive in)
- Free dive to a depth of at least 10 feet (3 meters)
- Snorkel non-stop for 450 yards
- Breathe through a snorkel with face submerged (without mask)

#### Scuba Skills

All certified campers will be required to demonstrate the basic scuba skills in a 'Check Out Dive' prior to open water diving activities (See the "Skills Verification" section on page 9 for a list of skills). If it has been over a year since the camper's last scuba dive, we recommend they take a scuba refresher course prior to camp.



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### Divers Alert Network (DAN) Resources

DAN offers an online course called the “[Prepared Diver Program](#).” Catalina Sea Camp can enroll campers for **free** prior to camp. If you would like to be enrolled in the course, email [diving@gdi.org](mailto:diving@gdi.org) with the email address you would like the course link sent to.

The course “provides greater insight into the science behind fundamental diving skills and highlights best practices. The course covers common contributing factors that lead to diver injury.”

DAN also offers several free publications and quizzes on diving health and safer diving. Explore their offerings here: <https://www.diversalertnetwork.org/health/>

DAN’s quarterly publication, ‘Alert Diver,’ about all things diving, can be found online, at [www.alertdiver.com](http://www.alertdiver.com).



### eLearning

Catalina Sea Camp offers NAUI eLearning, to be completed prior to camp, for the following courses:

- NAUI Scuba Diver- Completing eLearning for this course is **optional**. If completed the camper will be put in a shorter lecture period that accounts for their prior knowledge. Campers who complete eLearning will be scheduled in a 1.5 hour lecture that meets six times. Campers who do not complete eLearning will be scheduled in a 3 hour lecture that meets six times.
- NAUI Rescue Diver- Completion of eLearning for this course is **required**. Campers must complete both the NAUI Rescue Diver eLearning as well as the DAN Basic Life Support eLearning. If eLearning is not completed prior to camp, the camper will be dropped from the course.
- NAUI Master Diver- Completion of eLearning for this course is **required**. If eLearning is not completed prior to camp, the camper will be dropped from the course.

eLearning packages can be purchased at the Sea Camp Dive Store ([dive-store.myshopify.com](http://dive-store.myshopify.com)). eLearning access codes will be emailed after purchase and the accompanying textbook will be mailed via USPS Media Mail upon request.

# Catalina Sea Camp

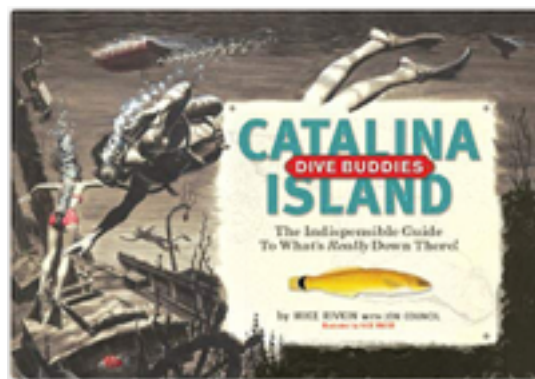
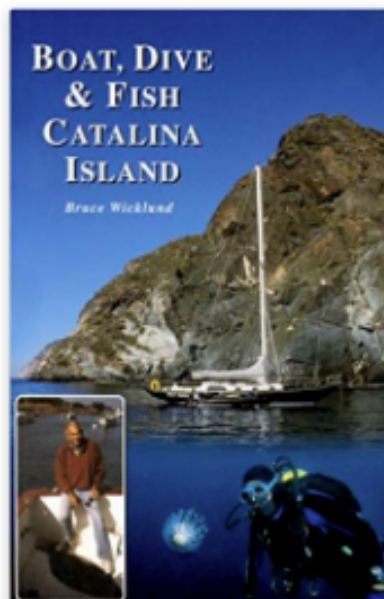
## 2020 Scuba Diving Participant Guide

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### Catalina Dive Sites and Marine Life

Orienting to Catalina's dive sites and marine life prior to camp can be fun and can make the diving at Catalina Sea Camp more comfortable and enjoyable! The following resources may be helpful.

- [Franko Maps, Guide of Santa Catalina Island - Amazon](#)
- [Boat, Dive & Fish Catalina Island, by Bruce Wickland -Amazon](#) (a Dive Staff favorite!)
- [Catalina Island Dive Buddies by Mike Rivkin - Amazon](#)
- Labeled photos of many marine species [divingphotos.smugmug.com/Catalina/](http://divingphotos.smugmug.com/Catalina/)
- Video on diving the Channel Islands [www.youtube.com/watch?v=BwIJvmBOj7s](http://www.youtube.com/watch?v=BwIJvmBOj7s)
- Channel Island's National Park's Marine Life Guide [www.nps.gov/chis/learn/nature/marine-animals.htm](http://www.nps.gov/chis/learn/nature/marine-animals.htm)





# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

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### Required Paperwork

All forms can be accessed by families of registered campers in your Camper Account at [gdi.campintouch.com](http://gdi.campintouch.com). Paperwork must be submitted by **April 1** to allow sufficient time for review and corrections.


### General Paperwork Instructions



Forms marked with the computer symbol can be completed online.



Forms marked with barcodes must be printed and filled out completely. Maintain copies of all forms for your records. Submit forms using one of the following options:

- Upload to your camper account as a PDF. Click the upload arrow (  ) on the right side of the Forms & Documents screen. If the document has multiple pages, make sure they are combined into one PDF. Uploading multiple documents will delete those submitted previously.
- Fax documents to **(949) 627-8084**. The barcode must be visible at the bottom of each page.
- If you are unable to fax or upload the documents, mail them to the address below.

Guided Discoveries  
Attn. Summer Camp Registrar  
27282 Calle Arroyo  
San Juan Capistrano, CA 92675

### Required Scuba Paperwork

In addition to the general paperwork required for Catalina Sea Camp, forms specific to the dive program must be completed and submitted. Campers will not be allowed to scuba dive unless all necessary paperwork has been received and approved by the Dive Director. We suggest starting on the scuba paperwork as soon as possible. Scuba program forms are listed below.

### FORMS REQUIRED FOR ALL CAMPERS WISHING TO SCUBA DIVE

- ☐ **R.S.T.C. Medical Statement** (must be signed by physician)
- ☐ **NAUI Waiver** (camper and witness signatures required)
- ☐ **Scuba Form** (online): Includes; Dive History, Insurance Verification, Medical Verification, Safe Diving Practices, Sea Camp Scuba Waiver

### FORMS REQUIRED IN LISTED SITUATIONS

- ☐ **Scuba Documentation Form** - Required for certified campers and those with DAN Insurance to show proof of certification cards and DAN cards.
- ☐ **Asthma/RAD Supplemental Evaluation Form** - Required for campers with a history of Asthma or Reactive Airway Disease (RAD). This form must be filled out by a physician familiar with dive medicine and respiratory health.
- ☐ **Personal Scuba Equipment Service Record** - Required for campers bringing their own BCD and/or Regulator to camp.

# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide


### NAUI Waiver Instructions

Make sure the camper name is filled in at the top of the page. The NAUI waiver requires signatures from the camper, parent/guardian, and a witness. A witness can be anyone who is 18 years of age or older, including a friend or family member. Witnesses retain no legal responsibility or liability for witnessing your signature. Forms submitted without all signatures will be marked incomplete and will be required to be resubmitted with all lines signed. Contact the Dive Director if you have any questions about the content of the waivers.

Even though a youth is underage, and their signature may not be legally binding, there is information in the documents that they should be made aware of. By signing they are acknowledging that they have at least read the information which will increase their knowledge and make them a safer scuba diver.

## Catalina Sea Camp

2020 Scuba Diving Paperwork



**EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, RELEASE OF LIABILITY AND WAIVER OF CLAIMS**

PLEASE READ AND BE CERTAIN YOU UNDERSTAND THE IMPLICATIONS OF SIGNING

**EXPRESS ASSUMPTION OF RISK ASSOCIATED WITH DIVING AND RELATED ACTIVITIES**

I, \_\_\_\_\_ (Camper Name), do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with snorkeling, skin and/or scuba diving, and instruction related thereto ("Diving Activities").

I understand that these risks can lead to severe injury and even loss of life.

I understand that diving with compressed air involves certain inherent risks; including but not limited to decompression sickness, embolism or other hyperbaric/air expansion injury that require treatment in a recompression chamber.

I understand that snorkeling, skin diving and scuba diving are physically strenuous activities and that I will be exerting myself during Diving Activities, and that if I am injured as a result of heart attack, stroke, panic, hyperventilation, drowning or any other cause, that I expressly ASSUME THE RISK of said injuries and that I will not seek to hold any other party responsible for the same.

I understand that Diving Activities may be conducted at a site that is remote, either by time or distance or both, from a recompression chamber and competent medical assistance. Despite this, I choose to proceed with these Diving Activities even in the absence of a recompression chamber and competent medical assistance.

I understand that there are hazards and risks associated with travel to and from dive sites ("Dive Travel"), including, but not limited to the possible injury or loss of life as a result of a boating accident.

Regardless of the potential hazards and risks associated with Diving Activities and Dive Travel, I wish to proceed and I HEREBY PERSONALLY ASSUME ALL HAZARDS AND RISKS, including possible personal injury, loss of life and/or property damage, arising out of or in connection with Diving Activities and/or Dive Travel, whether foreseen or unforeseen, that may befall me while I am a participant in these activities.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT:**

In consideration of being allowed to participate in Diving Activities, Dive Travel, and use the facilities and equipment of the parties listed below, I understand and agree that neither my \_\_\_\_\_

Instructor(s): Catalina Sea Camp Dive Staff (NAUI Divemasters and Instructors)

The facility through which I receive my instruction: Catalina Sea Camp, 1 Toyon Bay Rd, Avalon, CA 90704

Others: Catalina Sea Camp Staff, Contractors, and Volunteers, Guided Discoveries

nor the National Association of Underwater Instructors, Inc., nor their affiliate and subsidiary organizations, nor any of their respective employees, officers, directors, representatives, agents, contractors, volunteers, or assigns (hereinafter collectively referred to as the "Released Parties") may be held liable or responsible in any way for any injury, death or other damages to me or my property that may occur as a result of my participation in Diving Activities or Dive Travel, or as a result of the negligence of any party, including the Released Parties, whether passive or active, foreseen or unforeseen.

I HEREBY WAIVE AND RELEASE ANY AND ALL CLAIMS OR CAUSES OF ACTION THAT I, MY ESTATE, HEIRS, EXECUTORS OR ASSIGNS MAY HAVE FOR PERSONAL INJURY, PROPERTY DAMAGE OR LOSS OF LIFE BASED UPON NEGLIGENCE, ACTIVE OR PASSIVE WITH THE EXCEPTION OF GROSS NEGLIGENCE, FORESEEN OR UNFORESEEN, WHICH ARISE FROM DIVING ACTIVITIES OR DIVE TRAVEL.

By executing this Agreement, I agree to hold the Released Parties harmless from and against all claims or causes of action for any personal injury, property damage, or loss of life which may occur during Diving Activities or and/or Dive Travel.

I hereby declare that I am of legal age and am competent to sign this Agreement, or if not, that my parent or legal guardian shall sign on my behalf and that my parent or legal guardian is in complete understanding and concurrence with this Agreement.

I understand the terms herein are contractual and not a mere recital, and that I have signed this Agreement of my own free act and with the knowledge that I hereby agree to waive my legal rights. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the Released Parties other than what is set forth in this Agreement.

I agree that this Agreement shall be governed by and interpreted in accordance with the laws of the State of California, United States of America. If any provision, section, subsection, clause or phrase of this Agreement is found to be unenforceable or invalid, that part shall be stricken from this Agreement. The remainder of this Agreement will then be construed as though the unenforceable or invalid part had never been contained herein.

I understand and agree that I am not only giving up my right to sue the Released Parties but also any rights my heirs, assigns, or beneficiaries may have to sue the Released Parties on my behalf or as a result of my death. I further represent I have the authority to do so and that my heirs, assigns, or beneficiaries will be estopped from claiming otherwise because of my representations to the Released Parties.

I HAVE READ THIS AGREEMENT, I UNDERSTAND IT, I AGREE TO BE BOUND BY IT.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Witness (Name) \_\_\_\_\_ Signature \_\_\_\_\_

Signature of Parent or Guardian If Participant is a Minor, and by their signature they, on my behalf release all claims that both they and I have.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Witness (Name) \_\_\_\_\_ Signature \_\_\_\_\_

ALL REQUIRED

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# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

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### **R.S.T.C Medical Statement Instructions**

As a member of the National Association of Underwater Instructors (NAUI), Catalina Sea Camp is required to have scuba diving and freediving participants complete the **R.S.T.C Medical Statement and Physical Examination**. This form is standard in the recreational diving industry. Instructions for completing the form for participation in scuba diving or freediving at Catalina Sea Camp are as follows:

1. Read this page and the attached pages completely.
2. Fill out the 'R.S.T.C. Medical Statement' packet including the Divers Medical Questionnaire and student information on pages one (1) and two (2). Complete the form honestly. It will be checked for consistency against your camper's 'Health History' and 'Physician's Examination' form. Inconsistencies will delay processing.
3. Examples are shown on the following pages.
4. Page one (1) must be signed by the camper/participant and their parent/guardian. Even though a youth is underage, and their signature may not be legally binding, there is information in the documents that they should be made aware of. By signing they are acknowledging that they have at least read the information which will increase their knowledge and make them a safer scuba diver.
5. Bring the entire 'R.S.T.C. Medical Statement' and 'Guidelines for Recreational Scuba Diver's Physical Examination' packet (pages one to six [1-6]) with you to your physician. The form must be signed by a physician, regardless of the answers on the first page of the document.
6. Instructions to the physician for the physical examination start on page three (3). Ask your physician to review this information along with your camper's medical history. It may be helpful to send these pages ahead of your appointment.
7. Discuss your camper's medical history and risks associated with scuba diving and freediving with your physician.
8. Have your physician fill out the bottom part of page two (2), making a recommendation for or against your camper's fitness for scuba diving or freediving. Ask them to include relevant remarks, notes and documents. Make sure they fill out this section completely, including their signature and contact information.
9. In some cases your physician may not be able to make a recommendation for or against scuba diving or freediving at the time of your visit.
  - If your physician requires more information to make an informed decision on your camper's medical fitness for scuba diving or freediving, they should contact the physicians and other medical professionals at the Divers Alert Network (DAN), for consultation by phone. They can be reached during normal business hours, in all U.S. timezones, at 1-919-684-2984. Ask them to note the date and name of the consultant in the remarks section on page two (2).
  - Diagnostic studies and specialty consultations should be obtained as indicated in the 'Guidelines for Recreational Scuba Diver's Physical Examination' and/or at your physician's discretion.
  - If your camper has a history of Asthma, the guidelines in Catalina Sea Camp's 'Asthma Supplement Packet' must be followed.
9. Submit pages one (1) and two (2), along with any relevant notes or documentation, to your camper account using one of the methods described above.
10. Completion of this form does not guarantee acceptance into Catalina Sea Camp's Scuba Program.






# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

### RSTC Medical Statement Instructions, Page 1

- Complete this form honestly. It will be checked for consistency against your camper's 'Health History' and 'Physician Examination' forms. Inconsistency will delay processing.
- Make sure all lines are marked with a complete 'YES' or 'NO'. 'Y' or 'N' will cause your document to be returned and delay your processing.
- Ensure both the camper/participant and the parent/guardian have signed the form.
- This is page one (1) of a two-page document. Both pages must be uploaded to the system. It's best to scan both pages into one document to upload.



**MEDICAL STATEMENT**  
Participant Record (Confidential Information)

**Please read carefully before signing.**

This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered

by Catalina Sea Camp Dive Staff, Volunteers, Contractors and Catalina Sea Camp, CIMI Toyon Bay located in the city of Avalon, state/province of California.  
Instructor Facility

Read this statement prior to signing it. You must complete this Medical Statement, which includes the medical questionnaire section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent or guardian.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is relatively safe. When established safety procedures are not followed, however, there are increased risks.

To scuba dive safely, you should not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or congestion, epilepsy, a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, other chronic medical conditions or you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program, and on a regular basis thereafter upon completion. You will also learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical Questionnaire section, review them with your instructor before signing.

**Divers Medical Questionnaire**  
To the Participant:

A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in dive activities.

Please answer the following questions on your past or present medical history with a **YES** or **NO**. If you are not sure, answer **YES**. Please provide your physician with the RSTC Statement and Guidelines for Recreational Scuba Diver's Physical Examination (Attached to this form).

<input type="checkbox"/> Could you be pregnant, or are you attempting to become pregnant?	<input type="checkbox"/> Dysentery or dehydration requiring medical intervention?
<input type="checkbox"/> Are you presently taking prescription medications? (with the exception of birth control or anti-malaria) If YES, list all below.	<input type="checkbox"/> Any dive accidents or decompression sickness?
<input type="checkbox"/>	<input type="checkbox"/> Inability to perform moderate exercise (example: walk 1.6 km/one mile within 12 mins.)?
<input type="checkbox"/>	<input type="checkbox"/> Head injury with loss of consciousness in the past five years?
<input type="checkbox"/>	<input type="checkbox"/> Recurrent back problems?
<input type="checkbox"/>	<input type="checkbox"/> Back or spinal surgery?
<input type="checkbox"/>	<input type="checkbox"/> Diabetes?
<input type="checkbox"/>	<input type="checkbox"/> Back, arm or leg problems following surgery, injury or fracture?
<input type="checkbox"/>	<input type="checkbox"/> High blood pressure or take medicine to control blood pressure?
<input type="checkbox"/>	<input type="checkbox"/> Heart disease?
<input type="checkbox"/>	<input type="checkbox"/> Heart attack?
<input type="checkbox"/>	<input type="checkbox"/> Angina, heart surgery or blood vessel surgery?
<input type="checkbox"/>	<input type="checkbox"/> Sinus surgery?
<input type="checkbox"/>	<input type="checkbox"/> Ear disease or surgery, hearing loss or problems with balance?
<input type="checkbox"/>	<input type="checkbox"/> Recurrent ear problems?
<input type="checkbox"/>	<input type="checkbox"/> Bleeding or other blood disorders?
<input type="checkbox"/>	<input type="checkbox"/> Hernia?
<input type="checkbox"/>	<input type="checkbox"/> Ulcers or ulcer surgery?
<input type="checkbox"/>	<input type="checkbox"/> A colostomy or ileostomy?
<input type="checkbox"/>	<input type="checkbox"/> Recreational drug use or treatment for, or alcoholism in the past five years?

**Have you ever had or do you currently have...**

<input type="checkbox"/> Asthma, or wheezing with breathing, or wheezing with exercise?
<input type="checkbox"/> Frequent or severe attacks of hayfever or allergy?
<input type="checkbox"/> Frequent colds, sinusitis or bronchitis?
<input type="checkbox"/> Any form of lung disease?
<input type="checkbox"/> Pneumothorax (collapsed lung)?
<input type="checkbox"/> Other chest disease or chest surgery?
<input type="checkbox"/> Behavioral health, mental or psychological problems (Panic attack, fear of closed or open spaces)?
<input type="checkbox"/> Epilepsy, seizures, convulsions or take medications to prevent them?
<input type="checkbox"/> Recurring complicated migraine headaches or take medications to prevent them?
<input type="checkbox"/> Blackouts or fainting (full/partial loss of consciousness)?
<input type="checkbox"/> Frequent or severe suffering from motion sickness (seasick, carsick, etc.)?

**The information I have provided about my medical history is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health condition.**

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Signature of Participant (Camper)	Date	Signature of Parent or Guardian	Date

Product #80011PHNY Page 1 of 6 © Recreational Scuba Training Council, Inc. 1988, 1990, 1998, 2001, 2007

**\*See Camp Families: Pages 1 and 2 must be completed and submitted to your camper account together, at the same time, to avoid pages being lost or over written. Retain copies for your records. Completion of this form does not guarantee acceptance into Catalina Sea Camp's scuba programs.**

# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

### RSTC Medical Statement Instructions, Page 2

- The form must be signed by a physician, regardless of the answers on the first page of the document.
- Make sure the physician marks the 'Physician Impression' box and signs and dates the form.
- Incomplete forms will be sent back and will delay your processing.
- This is page two (2) of a two-page document. Both pages must be uploaded to the system. It's best to scan both pages into one document to upload.

#### STUDENT

Please print legibly.

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Age \_\_\_\_\_  
First Initial Last Day/Month/Year

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State/Province/Region \_\_\_\_\_

Country \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Business Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_ FAX \_\_\_\_\_

#### Name and address of your family physician

Physician \_\_\_\_\_ Clinic/Hospital \_\_\_\_\_

Address \_\_\_\_\_

Date of last physical examination \_\_\_\_\_

Name of examiner \_\_\_\_\_ Clinic/Hospital \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

Were you ever required to have a physical for diving? ☐ Yes ☐ No If so, when? \_\_\_\_\_

#### PHYSICIAN

This person applying for training or is presently certified to engage in scuba (self-contained underwater breathing apparatus) diving. Your opinion of the applicant's medical fitness for scuba diving is requested. There are guidelines attached for your information and reference.

#### Physician's Impression

☐ I find no medical conditions that I consider incompatible with diving.

☐ I am unable to recommend this individual for diving.

Remarks \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

X \_\_\_\_\_ Date \_\_\_\_\_  
Physician's Signature or Legal Representative of Medical Practitioner Day/Month/Year

Physician \_\_\_\_\_ Clinic/Hospital \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

### RSTC Medical Statement Instructions, Pages 3-6

- These pages contain important instructions and information for your physician. Bring them to the appointment for the physician to review and reference.
- It may be helpful to send these pages to your physician ahead of the appointment.

#### Guidelines for Recreational Scuba Diver's Physical Examination

##### Instructions to the Physician

**Recreational SCUBA** (Self-Contained Underwater Breathing Apparatus) can provide recreational divers with an enjoyable sport safer than many other activities. The risk of diving is increased by certain physical conditions, which the relationship to diving may not be readily obvious. Thus, it is important to screen divers for such conditions.

**THE RECREATIONAL SCUBA DIVER'S PHYSICAL EXAMINATION** focuses on conditions that may put a diver at increased risk for decompression sickness, pulmonary overinflation syndrome with subsequent arterial gas embolization and other conditions such as loss of consciousness, which could lead to drowning. Additionally, the diver must be able to withstand some degree of cold stress, the physiological effects of immersion and the optical effects of water and have sufficient physical and mental reserves to deal with possible emergencies.

The history, review of systems and physical examination should include as a minimum the points listed below. The list of conditions that might adversely affect the diver is not all-inclusive, but contains the most commonly encountered medical problems. The brief introductions should serve as an alert to the nature of the risk posed by each medical problem.

The potential diver and his or her physician must weigh the pleasures to be had by diving against an increased risk of death or injury due to the individual's medical condition. As with any recreational activity, there are no data for diving enabling the calculation of an accurate mathematical probability of injury. Experience and physiological principles only permit a qualitative assessment of relative risk.

For the purposes of this document, **Severe Risk** implies that an individual is believed to be at increased risk of decompression sickness, pulmonary or other barotrauma or arterial gas embolization with subsequent drowning, compared with the general population. The consultants involved in drafting this document would generally discourage a student with such medical problems from diving. **Relative Risk** refers to a moderate increase in risk, which in some instances may be acceptable. To make a decision as to whether diving is contraindicated for this category of medical problems, physicians must base their judgment on an assessment of the individual patient. Some medical problems which may preclude diving are **temporarily** in nature or respond to treatment, allowing the student to dive safely after they have resolved.

Diagnostic studies and specialty consultations should be obtained as indicated to determine the diver's status. A list of references is included to aid in clarifying issues that arise. Physicians and other medical professionals who have been asked to review DAN associated with Duke University Health System are available for consultation by phone at 1-919-661-2949 during normal business hours. For emergency calls, call 7 days a week, call 1-813-684-6111 or at 1-813-684-6244 (collect). Related organizations exist in other parts of the world: DAN Europe in Italy, +39-039-605-7858; DAN SEA P in Australia +61-3-9860-9166 and Divers Emergency Service (DES) in Australia +61-8-9212-9050; DAN Japan +81-3-5590-6501 and DAN Southern Africa +27-11-242-0380. There are also a number of domestic health care providers offering similar advice.

#### NEUROLOGICAL

Neurological abnormalities affecting a diver's ability to perform exercise should be assessed according to the degree of compromise. Some diving activities that require fine motor skills can be a warning and warning of neurological symptoms and signs, such as migraines or dizziness, should be noted. A diver with a history of an exacerbation or attack of the preexisting diving disease (e.g., a migraine with aura) may be difficult to distinguish

from neurological decompression sickness. A history of head injury resulting in unconsciousness should be evaluated for risk of seizure.

##### Relative Risk Conditions

- Complicated Migraine Headaches whose symptoms or severity impair motor or cognitive function, neurologic manifestations
- History of Head Injury with sequelae other than seizure
- Herniated Nucleus Pulposus
- Intracranial Tumor or Aneurysm
- Peripheral Neuropathy
- Multiple Sclerosis
- Trigeminal Neuralgia
- History of spinal cord or brain injury

##### Temporary Risk Condition

History of cerebral gas embolism without residual where pulmonary air trapping has been excluded and for which there is a satisfactory explanation and some reason to believe that the probability of recurrence is low.

##### Severe Risk Conditions

Any abnormalities where there is a significant probability of unconsciousness, hence putting the diver at increased risk of drowning. Divers with spinal cord or brain abnormalities where perfusion is impaired may be at increased risk of decompression sickness.

##### Some conditions are as follows:

- History of seizures other than childhood febrile seizures
- History of Transient Ischemic Attack (TIA) or Cerebrovascular Accident (CVA)
- History of cerebrospinal (Central Nervous System, Cerebral or Inner Ear) Decompression Sickness with residual deficits

#### CARDIOVASCULAR SYSTEMS

##### Relative Risk Conditions

The diagnoses listed below potentially render the diver unable to meet the essential demands of diving. These conditions may lead to increased risk of decompression sickness, pulmonary barotrauma, arterial gas embolization and other conditions. Formalized stress testing is encouraged if there is any doubt regarding physical performance capability. The suggested minimum criteria for stress testing in such cases is at least 13 METS. Failure to meet the exercise criteria would be of significant concern. Conditioning and training may make later qualification possible. Immersion in water causes a redistribution of blood from the periphery into the central compartment, an effect that is greatest in cold water. The marked increase in cardiac output may lead to myocardial ischemia and its consequences. Patients with impaired left ventricular function or significant valvular disease. The effects of immersion may be gauged by an assessment of the diver's performance while swimming on the surface. A large proportion of scuba diving deaths in North America are due to coronary artery disease. Before being approved to scuba dive, individuals older than 40 years are recommended to undergo an assessment for coronary artery disease. Formal exercise testing may be needed to assess the risk.

**\*METS** is a term used to describe the metabolic cost. The MET is defined as the energy cost of walking on a level surface at 3.5 miles per hour, and is used as a standard for measuring the energy cost of other activities. (Exercise Physiology, G. P. Naughton, M.D., 1973).

Page 3 of 6

##### Relative Risk Conditions

- History of Coronary Artery Bypass Grafting (CABG)
- Percutaneous Balloon Angioplasty (PTCA) or Coronary Artery Disease (CAD)
- History of Myocardial Infarction
- Congestive Heart Failure
- Hypertension
- History of dysrhythmias requiring medication for suppression
- History of exercise induced pulmonary edema
- Valvular Regurgitation

##### Pacemakers

The pathologic process that necessitated should be addressed regarding the diver's fitness to dive. In those instances where the problem necessitating pacing does not preclude diving, will the diver be able to meet the performance criteria?

**\*NOTE:** Pacemakers must be certified by the manufacturer as able to withstand the pressure changes involved in recreational diving.

##### Severe Risks

Venous emboli, commonly produced during decompression, may cross major intracardiac right-to-left shunts and enter the cerebral or spinal cord circulations causing neurological decompression illness. Hypertrophic cardiomyopathy and valvular stenosis may lead to the sudden onset of unconsciousness during exercise.

##### PULMONARY

Any process or lesion that impedes airflow from the lungs places the diver at risk for pulmonary overinflation with alveolar rupture and the possibility of cerebral or arterial gas embolization. Many interstitial diseases predispose to spontaneous pneumothorax. Asthma (reactive airway disease), Chronic Obstructive Pulmonary Disease (COPD), cystic or cavulating lung diseases may all cause air trapping. The 1996 Undersea and Hyperbaric Medical Society (UHMS) consensus on diving and asthma indicates that the risk of pulmonary barotrauma and decompression illness to be acceptable, low, the asthmatic diver should be asymptomatic and have normal spirometry before and after an exercise test. Inhalation challenge tests (e.g., using histamine, hypertonic saline or methacholine) are not sufficiently standardized to be interpreted in the context of scuba diving.

A pneumothorax that occurs or recurs while diving may be catastrophic. As the diver ascends, air trapped in the cavity expands and could produce a tension pneumothorax.

In addition to the risk of pulmonary barotrauma, respiratory diseases due to other structural disorders of the lung or chest wall or neuromuscular diseases may impair exercise performance. Structural disorders of the chest or abdominal wall (e.g., pectus excavatus), or neuromuscular disorders, may impair cough, which could be life threatening if water is inhaled. Respiratory limitation due to disease is compounded by the combined effects of immersion (causing a restrictive deficit) and the increase in gas density, which increases in proportion to the ambient pressure (causing increased airway resistance). Formal exercise testing may be helpful.

##### Relative Risk Conditions

- History of Asthma or Reactive Airway Disease (RAD)\*
- History of Exercise Induced Bronchospasm (EIB)\*
- History of solid, cystic or cavulating lesions
- Pneumothorax secondary to:
  - Thoracic Surgery
  - Trauma or Pleural Penetration\*
  - Previous Overinflation Injury\*

##### Obesity

##### History of

##### Interstitial

##### Spontaneous

##### Active

##### Severe

##### History

##### Unrelated

##### Relative

##### Infantile

##### Functional

##### Severe

##### Altered

##### Respiratory

##### Temporally

##### Relative

##### Severe

##### History

##### Unrelated

##### Relative

##### Infantile

##### Functional

##### Severe

##### Altered

##### Respiratory

##### Temporally

##### Relative

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##### Infantile

##### Functional

##### Severe

##### Altered

##### Respiratory

##### Temporally

##### Relative


##### Severe



# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

### Selecting Scuba Activities

At Catalina Sea Camp, each camper selects the activities/courses they wish to take on the Activity Preference form (  ). All courses are listed in our 'Activity Guide' which can be found on our website and in the 'Forms and Documents' section of your camper account. Our courses are arranged in an alternating day block schedule, similar to a college course schedule. Each day has four 90 minute activity periods, scheduled on either a Monday/Wednesday/Friday or Tuesday/Thursday/Saturday rotation. All dive classes are three hours and take up two consecutive periods. Courses meet six times over the three-week session. All courses are offered concurrently, so campers are not able to complete one class and then take another. For example, campers may not do the Scuba Diver course followed by the Advanced Scuba Diver course in the same summer, because they will not finish their Scuba Diver certification until the last day of camp. We recommend campers take a maximum of two dive classes per session.

### Sample Session Schedule

July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	Jul 1
2	3	4	5	6	7	8
Arrival Day!	Orientation Add Drop Beach Party	T/Th/S Class 1	M/W/F Class 1	Class 2 T/Th/S	M/W/F Class 2	Class 3 T/Th/S
9	10	11	12	13	14	15
Olympics Beach Party	Adventure Day	Class 4 T/Th/S	M/W/F Class 3	Chill Day	M/W/F Class 4	Class 5 T/Th/S
16	17	18	19	20	21	22
Visitors Day	M/W/F Class 5	Class 6 T/Th/S	M/W/F Class 6	Pack Up Beach Party	Departure Day	

### Sample Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:30	Seafood Cookery	Scuba Diver	Seafood Cookery	Scuba Diver	Seafood Cookery	Scuba Diver
10:45-12:15	Basic Sailing	Scuba Diver	Basic Sailing	Scuba Diver	Basic Sailing	Scuba Diver
2:00-3:30	Skin Diver	Climb/ Kayak	Skin Diver	Climb/ Kayak	Skin Diver	Climb/ Kayak
3:45-5:15	Skin Diver	Scuba Lecture	Skin Diver	Scuba Lecture	Skin Diver	Scuba Lecture

# Catalina Sea Camp

## 2020 Scuba Diving Participant Guide

### Sea Camp's Training Progression

Outlined below are the minimum requirements to enter each course. By following our outlined dive training progression, we believe campers will be set-up for success in their current course and future courses. Full course descriptions can be found in our Activity Guide linked on our website and in the 'Forms and Documents' section of your camper account.

If a camper is not a certified diver prior to arrival at camp, they will only be able to take Try Dive (104) OR Scuba Diver (105/106). Campers in the Scuba Diver class will not be certified divers until the last day of camp. Please do not select any other scuba classes in the Activity Preferences if Try Dive or Scuba Diver are selected. All campers who list Scuba Diver in their activity preferences are guaranteed to be placed in that class.

If you are uncertain of what course your camper should sign up for, please contact the Dive Director at [diving@gdi.org](mailto:diving@gdi.org)

### CORE DIVING COURSES:

**SEA CAMP TRY DIVE**  
COURSE 104  
(Not Required, but encouraged, for 105/106)



**NAUI SCUBA DIVER**  
COURSE 105 - 4 Periods  
**NAUI SCUBA DIVER w/ eLearning**  
COURSE 106 - 3 Periods  
(Snorkeling experience and water comfort are required)



**NAUI ADVANCED SCUBA DIVER**  
COURSE 107  
(6 logged dives, after basic certification, are required)  
**NAUI ADVANCED SCUBA DIVER PLUS**  
COURSE 108  
(Takes up 4 class periods)



**NAUI RESCUE SCUBA DIVER/FIRST AID & CPR**  
COURSE 109  
(Completion of eLearning before camp is required)



**NAUI MASTER SCUBA DIVER**  
COURSE 110  
(Completion of eLearning before camp is required)



### SPECIALTY COURSES:

**NAUI SCUBA ECOLOGIST**  
COURSE 111

**SEA CAMP CATALINA DIVER**  
COURSE 112

**NAUI NIGHT DIVER**  
COURSE 113

**NAUI GO! SCUBA VIDEO**  
COURSE 117

**NAUI (JUNIOR) SCUBA PHOTO**  
COURSE 114  
(Advanced Certification Required)

**NAUI SCUBA PHOTO**  
COURSE 115  
(Advanced Certification Required)

**SEA CAMP ADVANCED SCUBA PHOTO**  
COURSE 116  
(Completion of 114/115, or equivalent, required)

**NAUI NITROX DIVER**  
COURSE 119  
(Advanced Certification Required)