



Scuba Diving Participant Guide



TOYON BAY ❖ CATALINA ISLAND ❖ CALIFORNIA

33.3750° N. 118.3537° W



Catalina Sea Camp

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 Associate 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.



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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.

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 remote 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.

Screening

All campers must complete the World Recreational Scuba Training Council (WRSTC) Diver Medical 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
- History of COVID-19 Infection
- 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. COVID-19 Screening Policies are included at the end of this document. 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 (under 16 years old)
- Spontaneous pneumothorax
- Narcolepsy
- Blackouts/fainting/sudden loss of consciousness
- Severe Anxiety

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.

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Asthma

Current Symptoms: Campers with current moderate to severe asthma or wheezing induced by exercise, cold air, and/or emotion will not be cleared to scuba dive at Catalina Sea Camp.

Current symptoms of exercise or cold-induced asthma include any episode within the past 6 months where the camper required albuterol use or cessation of activity during exercise or after exposure to cold. There are no exceptions, exclusions or waivers to this policy.

Symptoms over five years ago: Campers who have a history of any type of asthma, RAD, wheezing, or respiratory problems, but have been asymptomatic, and have **not** used medication to control asthma, **for more than five years**, may be cleared to dive. We require clearance from their treating physician on the 'Asthma & Diving Health Care Provider Evaluation Form' (attached). Pulmonary function test and chest X-rays are not required.

Symptoms within the last five years: Campers who do not currently have asthma induced by exercise, cold air, and, or emotion but who have a history of mild asthma, RAD, wheezing, or respiratory problems, and/or have used medication to control asthma **within the past 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. If there is not an approved diving physician in your area, a pulmonologist may be able to evaluate your camper.
2. In making your appointment, let the physician know you may require the following tests:
 - A pulmonary function test (PFT)
 - A chest X-ray (CXR)
 - Exercise challenge test (*If obtainable. This test is recommended, but not required (unless the health care provider deems otherwise), when the camper has a past history of exercise or cold-induced asthma. However, those with a past history of exercise or cold-induced asthma are strongly advised against diving, especially without evaluation of these test results.)
3. The 'Asthma & Diving Health Care Provider Evaluation Form' must be filled out by the evaluating health care provider.
4. Submit the form and copies of the test results to the Dive Director at diving@gdi.org.
5. The Sea Camp WRSTC Diver Medical must also be filled out, signed by a health care provider, and submitted.
6. When the steps above have been completed, the camper will be evaluated by the Diving Director for eligibility for our Diving Program. If you have any questions regarding asthma and SCUBA diving or our policies, contact the Dive Director at 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 16 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.

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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 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 well enough to dive again. In the case that missed dives and skills cannot 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 <https://dan.org/professional-programs/dive-professionals/dan-student-medical-expense-coverage/>

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

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.

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If a camper 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 Form (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 through your Camper Account at gdi.campintouch.com. Detailed instructions for completing required paperwork are included later in this document.



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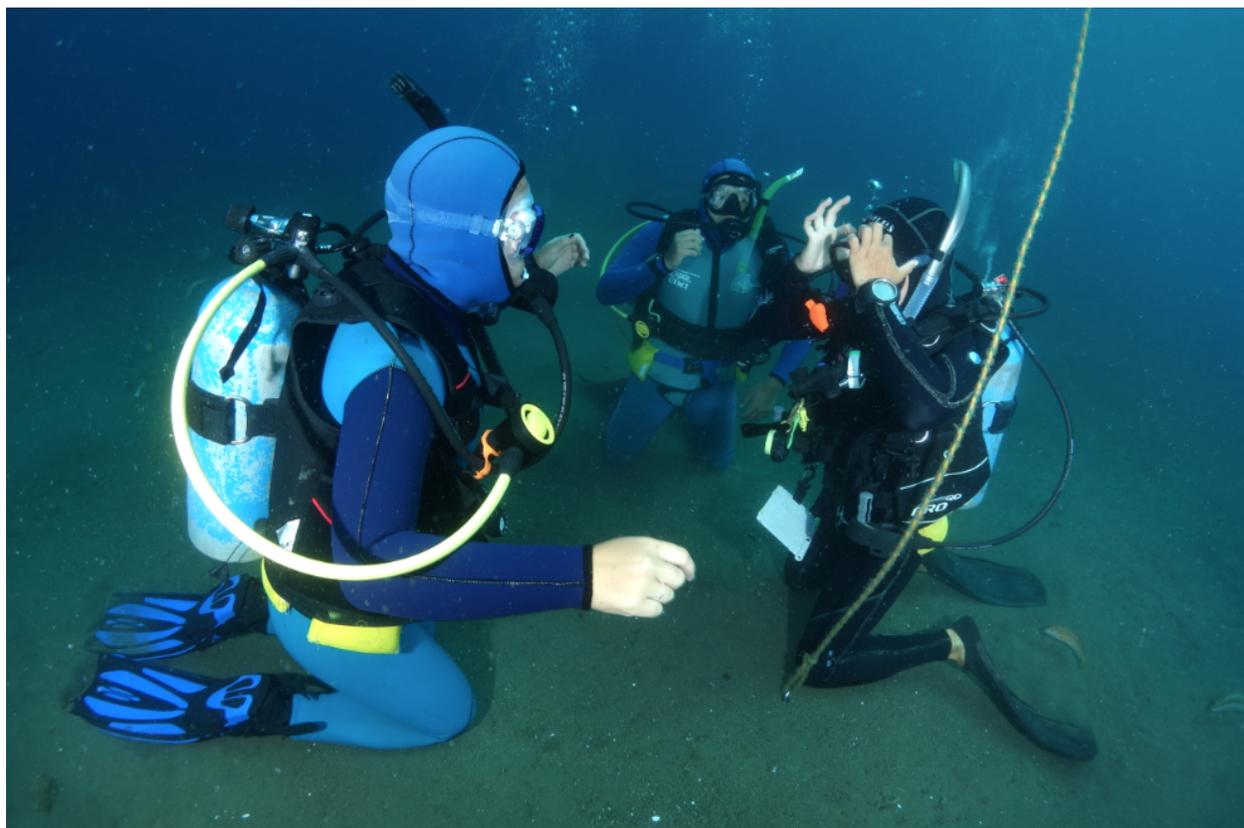
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Skills Verification

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. 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 and encouraged 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/markings-your-dive-gear/>).
- Catalina Sea Camp is not responsible for gear that is lost, damaged, or stolen.



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 cannot 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 themselves 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 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.



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 **required**. This allows for a shorter lecture period that accounts for camper’s prior knowledge. If eLearning is not completed prior to camp, the camper will be dropped from the course.
- **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.
- **NAUI Nitrox Diver**- Completion of eLearning for this course is optional. The Nitrox package is required to be purchased.

eLearning packages can be purchased at the Sea Camp Dive Store (dive-store.myshopify.com). eLearning access codes will be emailed after purchase.

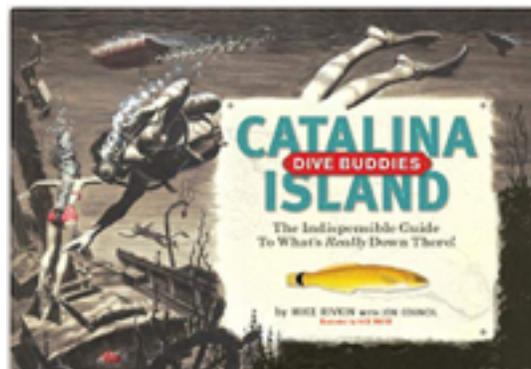
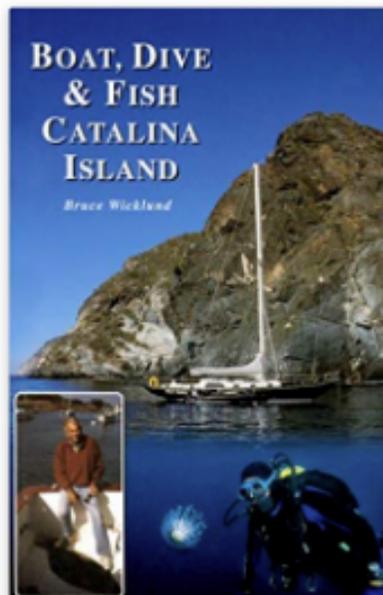
Catalina Sea Camp

Scuba Diving Participant Guide

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/
- Video on diving the Channel Islands www.youtube.com/watch?v=BwIJvmBOj7s
- Channel Island's National Park's Marine Life Guide www.nps.gov/chis/learn/nature/marine-animals.htm



Catalina Sea Camp

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							< Today >
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

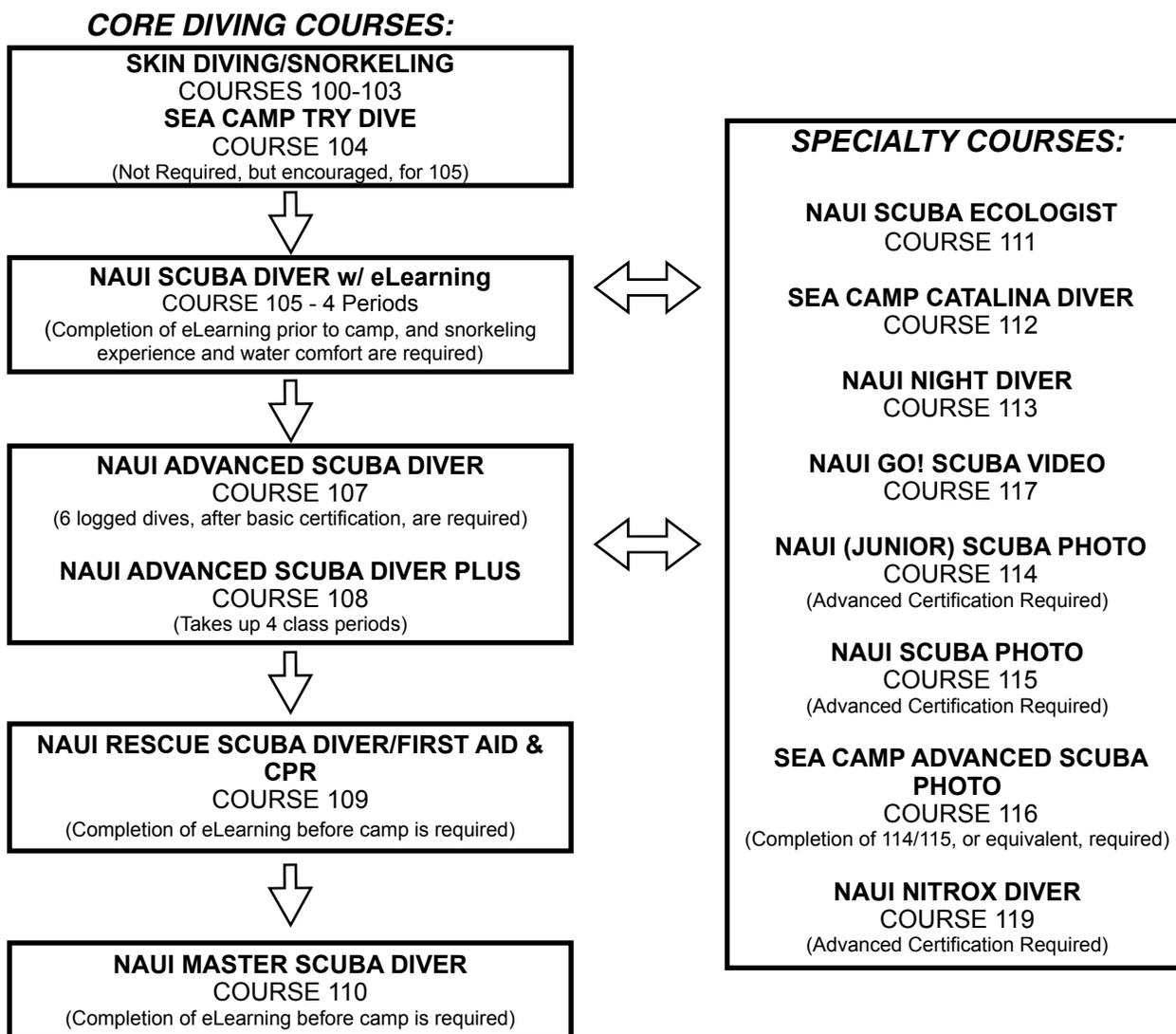
Scuba Diving Participant Guide

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 (gdi.campintouch.com).

If a camper is not a certified diver prior to arrival at camp, they will only be able to take our snorkeling/skin diving classes, Try Dive (104) OR Scuba Diver (105). 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



Catalina Sea Camp

Scuba Diving Participant Guide

Dive Class FAQs

Commonly asked questions are listed below. For more information and full course descriptions reference the Catalina Sea Camp Activity Guide, which is linked on our website and in the 'Forms and Documents' section of your camper account (gdi.campintouch.com).

My camper has never been snorkeling or scuba diving before, which classes should they select?

We suggest campers with little to no water experience take introductory snorkel or scuba classes at Sea Camp. We recommend 100 Skin Diver to build a good foundation of skin diving skills and ample opportunities to explore the ocean. 104 Sea Camp Try Dive taken alongside 100 Skin Diver provides a great, slow introduction to scuba diving skills. We do not recommend that campers with no snorkeling or scuba experience take a scuba certification course.

My camper has been snorkeling but has never been scuba diving before, what classes should they select?

We offer two great introductory scuba courses. 104 Sea Camp Try Dive is a slower paced, student centered course that allows campers to get some great introductory scuba experience. Completed skills can be transferred to an Open Water Certification class within six months of the course. 105/106 Scuba Diver Certification is a course where campers earn their Open Water Scuba Certification. The class is more fast paced and requires that all necessary skills be completed in the allotted time frame. This course also includes a required lecture period.

My camper wants to be a certified diver. What are the requirements of the certification course?

Our certification course follows the standards for NAUI's Open Water Scuba Diver certification. The course requires extra meeting and water sessions as well as a lecture period. A passing score on the final exam and completion of all requisite skills and dives are required for certification.\

Physical Requirements

- Ability to lift and carry heavy objects (40-50 pounds)
- Comfort in the water
- Snorkeling or scuba experience
- Stamina for water session of up to 2 hours in 65-70° water
- General coordination and awareness of body
- Good health through the course

Mental Requirements

- Personal motivation to earn scuba certification
- Ability/desire to attend to and participate in briefings and lectures
- Dedication to class and maintaining health
- Maturity to handle emergency situations if they arise

Tougher Requisite Skills

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

My camper is a newly certified diver, which classes can they take?

We have many great classes that are available to divers with an open water certification. For campers who have done no diving since their open water course, we recommend 108 NAUI Advanced Scuba Diver Plus. This course meets 12 times and takes up half of the camper's schedule, it refreshes many of the buoyancy and diving skills learned in the open water course and builds diver confidence. The course then introduces more advanced dives and skills. Divers earn their Advanced Certification upon completion of all required dives with a passing score on the exam. If newly certified campers do not wish to dedicate that much of their schedule to diving, we recommend they take 112 Catalina Diver.

Catalina Sea Camp

Scuba Diving Participant Guide

For newly certified campers who have done at least six dives since their open water certification, we recommend 107 NAUI Advanced Scuba Diver, 111 NAUI Scuba Ecologist, 112 Catalina Diver, and 118 Go! Scuba Video.

Can my camper take multiple dive classes at once?

Campers may take more than one dive class while at camp. We recommend a maximum of 2 scuba courses so that campers do not get too 'water logged.' Keep in mind that all classes are run concurrently. Campers must meet the prerequisites for all courses they have selected before arriving at camp. Campers may not build on classes they take within a single camp session, for example, a camper may not arrive at camp and take NAUI Advanced Scuba Diver followed by NAUI Rescue Diver.

Catalina Sea Camp

Scuba Diving Participant Guide

Required Paperwork

All forms can be accessed by families of registered campers in your Camper Account at 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

- W.R.S.T.C. Diver Medical** (must be reviewed and 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

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

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

Scuba Diving Participant Guide

WRSTC Diver Medical 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 **W.R.S.T.C Diver Medical** form (attached), a standard form in the recreational diving industry. Instructions for completing the form are as follows:

7. Read all pages thoroughly.
8. Complete the 'Diver Medical Participant Questionnaire' on pages one (1) and two (2). Please complete honestly. It will be checked for consistency against your camper's 'Health History' and 'Medical Evaluation' form. Inconsistencies will delay processing and may result in campers being rejected from the dive program.
9. Page one (1) must be signed by the camper's parent/guardian. Each page requires the name and birthdate of the participant.
10. Bring *all five pages* with you to your health care provider. The form must be signed by a health care provider, regardless of the answers on the first page of the document.
11. Information on how diving can affect certain medical conditions can be found in the 'Diving Medical Guidance to the Physician' document in the 'Forms and Documents' section of your camper account (gdi.campintouch.com) and at https://www.uhms.org/images/Recreational-Diving-Medical-Screening-System/forms/Diving_Medical_Guidance_EN_English_2021-09-16.pdf. If your camper has any of the conditions listed in the participant questionnaire, ask your healthcare provider to review this information along with your camper's medical history. It may be helpful to send the 'Medical Guidance' document ahead of your appointment.
12. Discuss your camper's medical history and risks associated with scuba diving and freediving with your healthcare provider.
13. After review, the camper's healthcare provider should complete page three (3), making a recommendation for or against your camper's fitness for scuba diving or freediving. They should include relevant remarks, notes, and documents as justification. Make sure they fill out this section completely, including their signature and contact information.
14. Given the technical nature of dive medicine, your healthcare provider may not be comfortable making a recommendation for or against diving at the time of your visit.
 - If your healthcare provider requires more information to make an informed decision on your camper's medical fitness for scuba diving or freediving, they should contact the medical professionals at the Divers Alert Network (DAN) Medical Information Line, for consultation by phone. They can be reached from 8:30 AM-5:00 PM EST, at 1-919-684-2948.
 - Diagnostic studies and specialty consultations should be obtained as indicated in the 'Diving Medical Guidance to the Physician' and/or at your medical examiner's discretion.
 - **If your camper has a history of Asthma, follow the guidelines in Catalina Sea Camp's 'Asthma Supplement Packet'.**
9. Submit the last three pages, along with any relevant notes or documentation, to your camper account using one of the methods described below. Submit all pages at the same time to avoid pages being lost or overwritten. Retain copies for your records.
 - **UPLOAD AS A PDF (PREFERRED METHOD)** - Log into your account and click the "Forms & Documents" link, then find the appropriate form. You will see an upload arrow on the right side of the section. Click the upload arrow and follow the instructions to correctly upload the documents.
 - **FAX** - There should be a small bar code located in the lower right hand corner of each page of the forms. Ensure that the bar code is visible before faxing. Fax documents to **(949) 627-8084**.
10. Upon submission, forms will be reviewed by the Dive Director, in consultation with our Medical Director. You will be contacted if there are any questions regarding the camper's health history. Completion of this form does not guarantee acceptance into Catalina Sea Camp's Scuba Program.
11. For questions about this form or selecting dive classes, contact the Dive Director (diving@gdi.org).

Catalina Sea Camp

Scuba Diving Participant Guide

WRSTC Diver Medical 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 completed.
- Ensure the parent/guardian have signed the form and that the camper's name and birthdate are listed.
- This is page one (1) of a three-page document. All pages must be uploaded to the system. It's best to scan all pages into one document to upload.



Diver Medical | Participant Questionnaire

Recreational scuba diving and freediving requires good physical and mental health. There are a few medical conditions which can be hazardous while diving, listed below. Those who have, or are predisposed to, any of these conditions, should be evaluated by a physician. This Diver Medical Participant Questionnaire provides a basis to determine if you should seek out that evaluation. If you have any concerns about your diving fitness not represented on this form, consult with your physician before diving. If you are feeling ill, avoid diving. If you think you may have a contagious disease, protect yourself and others by not participating in dive training and/or dive activities. References to "diving" on this form encompass both recreational scuba diving and freediving. This form is principally designed as an initial medical screen for new divers, but is also appropriate for divers taking continuing education. For your safety, and that of others who may dive with you, answer all questions honestly.

Directions

Complete this questionnaire as a prerequisite to a recreational scuba diving or freediving course. Note to women:

If you are pregnant, or attempting to become pregnant, *do not dive*.

1. I have had problems with my lungs/breathing, heart, blood, or have been diagnosed with COVID-19.	Yes <input type="checkbox"/> Go to Box A	No <input type="checkbox"/>
2. I am over 45 years of age.	Yes <input type="checkbox"/> Go to Box B	No <input type="checkbox"/>
3. I struggle to perform moderate exercise (for example, walk 1.6 kilometer/one mile in 14 minutes or swim 200 meters/yards without resting), OR I have been unable to participate in a normal physical activity due to fitness or health reasons within the past 12 months.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
4. I have had problems with my eyes, ears, or nasal passages/sinuses.	Yes <input type="checkbox"/> Go to Box C	No <input type="checkbox"/>
5. I have had surgery within the last 12 months, OR I have ongoing problems related to past surgery.	Yes <input type="checkbox"/> *	No <input type="checkbox"/>
6. I have lost consciousness, had migraine headaches, seizures, stroke, significant head injury, or suffer from persistent neurologic injury or disease.	Yes <input type="checkbox"/> Go to Box D	No <input type="checkbox"/>
7. I am currently undergoing treatment (or have required treatment within the last five years) for psychological problems, personality disorder, panic attacks, or an addiction to drugs or alcohol; or, I have been diagnosed with a learning disability.	Yes <input type="checkbox"/> Go to Box E	No <input type="checkbox"/>
8. I have had back problems, hernia, ulcers, or diabetes.	Yes <input type="checkbox"/> Go to Box F	No <input type="checkbox"/>
9. I have had stomach or intestine problems, including recent diarrhea.	Yes <input type="checkbox"/> Go to Box G	No <input type="checkbox"/>
10. I am taking prescription medications (with the exception of birth control or anti-malarial drugs other than mefloquine/Lariam).	Yes <input type="checkbox"/> *	No <input type="checkbox"/>

Participant Signature

Please read and agree to the participant statement below by signing and dating it.

Participant Statement: I have answered all questions honestly, and understand that I accept responsibility for any consequences resulting from any questions I may have answered inaccurately or for my failure to disclose any existing or past health conditions.

<input type="text"/>	<input type="text"/>
Participant Signature (or, if a minor, participant's parent/guardian signature required.)	Date (dd/mm/yyyy)
<input type="text"/>	<input type="text"/>
Participant Name (Print)	Birthdate (dd/mm/yyyy)
Catalina Sea Camp/CIMI Dive Staff, Contractors, Volunteers	Catalina Sea Camp/CIMI Toyon Bay
Instructor Name (Print)	Facility Name (Print)

Take all three pages of this form (Participant Questionnaire and the Physician's Evaluation Form) to your physician for a medical evaluation. Participation in a diving course at Catalina Sea Camp requires your physician's approval.

1 of 3
* Sea Camp Families: All three pages must be completed and submitted to your camper account at the same time, to avoid pages being lost or overwritten. Retain copies for your records. Completion of this form does not guarantee acceptance into Catalina Sea Camp's scuba/freediving programs.

Catalina Sea Camp

Scuba Diving Participant Guide

WRSTC Diver Medical Instructions, Page 2

- 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 completed.
- Ensure the camper's name and birthdate are listed.
- This is page two (2) of a three-page document. All pages must be uploaded to the system. It's best to scan all pages into one document to upload.

Participant Name Birthdate

(Print) Date (dd/mm/yyyy)

Diver Medical | Participant Questionnaire Continued

Box A – I have/have had:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Chest surgery, heart surgery, heart valve surgery, stent placement, or a pneumothorax (collapsed lung).	<input type="checkbox"/>	<input type="checkbox"/>
Asthma, wheezing, severe allergies, hay fever or congested airways within the last 12 months that limits my physical activity/exercise.	<input type="checkbox"/>	<input type="checkbox"/>
A problem or illness involving my heart such as: angina, chest pain on exertion, heart failure, immersion pulmonary edema, heart attack or stroke, OR am taking medication for any heart condition.	<input type="checkbox"/>	<input type="checkbox"/>
Recurrent bronchitis and currently coughing within the past 12 months, OR have been diagnosed with emphysema.	<input type="checkbox"/>	<input type="checkbox"/>
A diagnosis of COVID-19.	<input type="checkbox"/>	<input type="checkbox"/>
Box B – I am over 45 years of age AND:		
I currently smoke or inhale nicotine by other means.	<input type="checkbox"/>	<input type="checkbox"/>
I have a high cholesterol level.	<input type="checkbox"/>	<input type="checkbox"/>
I have high blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>
I have had a close blood relative die suddenly or of cardiac disease or stroke before the age of 50, OR have a family history of heart disease before age 50 (including abnormal heart rhythms, coronary artery disease or cardiomyopathy).	<input type="checkbox"/>	<input type="checkbox"/>
Box C – I have/have had:		
Sinus surgery within the last 6 months.	<input type="checkbox"/>	<input type="checkbox"/>
Ear disease or ear surgery, hearing loss, or problems with balance.	<input type="checkbox"/>	<input type="checkbox"/>
Recurrent sinusitis within the past 12 months.	<input type="checkbox"/>	<input type="checkbox"/>
Eye surgery within the past 3 months.	<input type="checkbox"/>	<input type="checkbox"/>
Box D – I have/have had:		
Head injury with loss of consciousness within the past 5 years.	<input type="checkbox"/>	<input type="checkbox"/>
Persistent neurologic injury or disease.	<input type="checkbox"/>	<input type="checkbox"/>
Recurring migraine headaches within the past 12 months, or take medications to prevent them.	<input type="checkbox"/>	<input type="checkbox"/>
Blackouts or fainting (full/partial loss of consciousness) within the last 5 years.	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy, seizures, or convulsions, OR take medications to prevent them.	<input type="checkbox"/>	<input type="checkbox"/>
Box E – I have/have had:		
Behavioral health, mental or psychological problems requiring medical/psychiatric treatment.	<input type="checkbox"/>	<input type="checkbox"/>
Major depression, suicidal ideation, panic attacks, uncontrolled bipolar disorder requiring medication/psychiatric treatment.	<input type="checkbox"/>	<input type="checkbox"/>
Been diagnosed with a mental health condition or a learning/developmental disorder that requires ongoing care.	<input type="checkbox"/>	<input type="checkbox"/>
An addiction to drugs or alcohol requiring treatment within the last 5 years.	<input type="checkbox"/>	<input type="checkbox"/>
Box F – I have/have had:		
Recurrent back problems in the last 6 months that limit my everyday activity.	<input type="checkbox"/>	<input type="checkbox"/>
Back or spinal surgery within the last 12 months.	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes, drug- or diet-controlled, OR gestational diabetes within the last 12 months.	<input type="checkbox"/>	<input type="checkbox"/>
An uncorrected hernia that limits my physical abilities.	<input type="checkbox"/>	<input type="checkbox"/>
Active or untreated ulcers, problem wounds, or ulcer surgery within the last 6 months.	<input type="checkbox"/>	<input type="checkbox"/>
Box G – I have had:		
Ostomy surgery and do not have medical clearance to swim or engage in physical activity.	<input type="checkbox"/>	<input type="checkbox"/>
Dehydration requiring medical intervention within the last 7 days.	<input type="checkbox"/>	<input type="checkbox"/>
Active or untreated stomach or intestinal ulcers or ulcer surgery within the last 6 months.	<input type="checkbox"/>	<input type="checkbox"/>
Frequent heartburn, regurgitation, or gastroesophageal reflux disease (GERD).	<input type="checkbox"/>	<input type="checkbox"/>
Active or uncontrolled ulcerative colitis or Crohn's disease.	<input type="checkbox"/>	<input type="checkbox"/>
Bariatric surgery within the last 12 months.	<input type="checkbox"/>	<input type="checkbox"/>

*Physician's medical evaluation required (see page 1). 2 of 3

*Sea Camp Families: All three pages must be completed and submitted to your camper account at the same time, to avoid pages being lost or overwritten. Retain copies for your records. Completion of this form does not guarantee acceptance into Catalina Sea Camp's scuba/freediving programs.

Catalina Sea Camp

Scuba Diving Participant Guide

WRSTC Diver Medical Instructions, Pages 3

- This form must be signed by a physician, regardless of the answers on the first two pages of this document.
- Make sure the physician marks the 'Evaluation Result' box and signs and dates the form.
- Incomplete forms will be sent back and will delay your processing.
- This is page three (3) of a three-page document. All pages must be uploaded to the system. It's best to scan all pages into one document to upload.

Diver Medical | Physician's Evaluation Form

Participant Name Birthdate
(Print) Date (dd/mm/yyyy)

The above-named person requests your opinion of his/her medical suitability to participate in recreational scuba diving or freediving training or activity. Please visit uhrs.org for medical guidance on medical conditions as they relate to diving. Review the areas relevant to your patient as part of your evaluation.

Evaluation Result

Approved – I find no conditions that I consider incompatible with recreational scuba diving or freediving.
 Not approved – I find conditions that I consider incompatible with recreational scuba diving or freediving.

Diving Medical Guidance From

Click button to download form

[Diving Medical Guidance](#)

Physician's Signature Date (dd/mm/yyyy)

Physician's Name Specialty
(Print)

Clinic/Hospital

Address

Phone Email

Physician/Clinic Stamp (optional)

Comments/Notes:

Created by the [Diver Medical Screen Committee](#) in association with the following bodies: The Undersea & Hyperbaric Medical Society
DAN (US)
DAN Europe
Hyperbaric Medicine Division, University of California, San Diego

2020 3 of 3 20346

* Sea Camp Families: All three pages must be completed and submitted to your camper account at the same time, to avoid pages being lost or overwritten. Retain copies for your records. Completion of this form does not guarantee acceptance into Catalina Sea Camp's scuba/freediving programs.

Catalina Sea Camp

Scuba Diving Participant Guide

UHMS Diver Medical Guidance

- These pages contain important reference information for you physician. If the participant has any of the conditions listed in the 'Participant Questionnaire,' bring them to your appointment for the physician to review.
- It may be helpful to send these pages to your physician ahead of time for the appointment.
- Pages can be found at uhms.org and in the "Forms and Documents" section of your camper account (gdi.campintouch.com).

Swimming Pool Assessment



Diving Medical Guidance to the Physician

These guidelines are typically only applicable when you have been approved by an individual who is qualified to perform a diving medical assessment. They will usually be completed following a review of your medical history and a physical examination. They will usually be completed following a review of your medical history and a physical examination.

Swimming Pool Assessment: The purpose of this assessment is to determine if the participant is medically fit to swim in a pool. The assessment should be completed by a physician or a qualified individual. The assessment should include a review of the participant's medical history, a physical examination, and a discussion of the risks of swimming in a pool. The assessment should be completed at least 2 weeks before the participant's first dive.

Swimming Pool Assessment: The purpose of this assessment is to determine if the participant is medically fit to swim in a pool. The assessment should be completed by a physician or a qualified individual. The assessment should include a review of the participant's medical history, a physical examination, and a discussion of the risks of swimming in a pool. The assessment should be completed at least 2 weeks before the participant's first dive.

BEHAVIORAL HEALTH

Behavioral Health: This section covers conditions related to mental health, including depression, anxiety, and substance use. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to make sound decisions and follow safety procedures. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

Respiratory Risk Conditions

Respiratory Risk Conditions: This section covers conditions related to the respiratory system, including asthma, COPD, and other lung diseases. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to breathe and may require the use of medication. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

CARDIOVASCULAR SYSTEMS

Cardiovascular Systems: This section covers conditions related to the heart and blood vessels, including heart disease, high blood pressure, and other cardiovascular conditions. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to circulate blood and may require the use of medication. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

Severe Risk Conditions

- Unstable anginal chest pain, acute or chronic
- Stroke or transient ischemic attack
- Myocardial infarction
- Aortic aneurysm
- Aortic dissection
- Peripheral vascular disease
- Long QT syndrome or other arrhythmogenic conditions
- Severe aortic stenosis
- Severe aortic regurgitation
- Severe mitral regurgitation
- Severe tricuspid regurgitation
- Severe pulmonary hypertension
- Severe pulmonary stenosis
- Severe pulmonary regurgitation
- Severe mitral stenosis
- Severe mitral regurgitation
- Severe tricuspid stenosis
- Severe tricuspid regurgitation
- Severe aortic stenosis
- Severe aortic regurgitation
- Severe mitral stenosis
- Severe mitral regurgitation
- Severe tricuspid stenosis
- Severe tricuspid regurgitation

Minor Risk Conditions

- Stable anginal chest pain
- Myocardial infarction
- Aortic aneurysm
- Aortic dissection
- Peripheral vascular disease
- Long QT syndrome or other arrhythmogenic conditions
- Severe aortic stenosis
- Severe aortic regurgitation
- Severe mitral regurgitation
- Severe tricuspid regurgitation
- Severe pulmonary hypertension
- Severe pulmonary stenosis
- Severe pulmonary regurgitation
- Severe mitral stenosis
- Severe mitral regurgitation
- Severe tricuspid stenosis
- Severe tricuspid regurgitation

Metabolic and Endocrinological

Metabolic and Endocrinological: This section covers conditions related to metabolism and the endocrine system, including diabetes, thyroid disease, and other conditions. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to regulate blood sugar and may require the use of medication. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

Orthopedic

Orthopedic: This section covers conditions related to the musculoskeletal system, including joint problems, fractures, and other conditions. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to move and may require the use of medication. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

GI/ENTROTESTINAL

GI/ENTROTESTINAL: This section covers conditions related to the gastrointestinal system, including stomach ulcers, Crohn's disease, and other conditions. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to digest food and may require the use of medication. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

Renal Risk Conditions

Renal Risk Conditions: This section covers conditions related to the kidneys, including kidney disease and other conditions. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to filter waste from the blood and may require the use of medication. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

Neurological

Neurological: This section covers conditions related to the nervous system, including epilepsy, multiple sclerosis, and other conditions. It includes a list of severe risk conditions and a list of minor risk conditions. The text explains that these conditions can affect a diver's ability to think and react quickly and may require the use of medication. It also notes that some conditions may be treated with medication, which can have side effects that affect diving performance.

Severe Risk Conditions

- Unstable anginal chest pain, acute or chronic
- Stroke or transient ischemic attack
- Myocardial infarction
- Aortic aneurysm
- Aortic dissection
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Catalina Sea Camp

Scuba Diving Participant Guide

COVID-19 Policies and Procedures

Overview

This is guidance for all divers at Guided Discoveries facilities, including staff Auspice Divers, staff recreational divers, staff Divemasters and Instructors, and campers/participants. The procedures and protocols below follow social distancing recommendations and industry best practices to help mitigate the risk of transmission of the novel coronavirus. They assume that others are possibly asymptomatic, infected, and contagious. These guidelines do not take the place of other established guidelines, such as Guided Discoveries Safe Diving Practices, and Auspice Diver Guidelines, but rather supplement the existing guidelines. The following guidelines are dynamic and subject to change as more information becomes available. They will be updated periodically.

Medical Evaluations and Daily Self Assessment

All divers will require medical evaluation prior to the start of or the return to diving. In addition to completion of the **WRSTC Diver Medical and Physician Evaluation form**.

Divers will also be required to screen for signs of illness. Those with symptoms of COVID-19 or those with suspected COVID-19 infection may not dive.

Dive Deck/Dive Locker Procedures

Rental Equipment: Participants will not be permitted in rental equipment storage areas. Rental equipment will be given to participants by a staff member with freshly washed or sanitized hands. Disinfected rental equipment will be kept separate from returned equipment. Participants are encouraged to bring their own snorkel and scuba equipment. All efforts will be made to assign the same equipment to the same participant for the duration of their trip. Any rental equipment that has been tried on but does not fit, must be disinfected before it is returned to service.

Compressor Operations and Fill Station Procedures: The fill station area will be restricted to trained fill station operators only. Fill station operators will wash their hands, and don face coverings to be worn at all times while filling. Proper fill station procedures for avoiding introducing moisture and contaminants will be strictly adhered to. All care will be taken by the fill station operator to avoid touching the inside of the cylinder valve and the inside of the fill whip valve. A six foot radius around the compressor intakes will permanently restrict foot traffic and non-essential personnel. All essential personnel entering the six foot radius must be wearing a face covering. If valve o-rings must be changed, the technician must sanitize their hands and wear fresh gloves in addition to a face covering.

Cleaning and Disinfection

Surfaces: Commonly touched surfaces will be disinfected at regular intervals. Surface disinfection procedures will adhere to CDC Guidelines.

Rental Gear: All gear will be hosed off with fresh water prior to cleaning and disinfection.

Masks, snorkels, and regulators will be cleaned and sanitized by a staff member taking appropriate precautions. Items will be soaked in a mixture of bleach and water (concentration specified by gear manufacturer) for a minimum of one minute. All pieces will be thoroughly rinsed in fresh water and allowed to air dry completely before their next use.

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Scuba Diving Participant Guide

Wetsuits, booties, fins, weights, and weight belts will be rinsed by each individual.

Personal Gear: All personal gear will be cleaned/sanitized by the owner. All gear may be hosed off with fresh water prior to cleaning and disinfection.

Masks, snorkels, and regulators must be soaked in a mixture of bleach and water for a minimum of one minute. All pieces will be thoroughly rinsed in fresh water and allowed to air dry completely before their next use. The use of gloves, face coverings, and eye protection is required while working with bleach solutions.

Wetsuits and booties may be rinsed with a mixture of cleaner and water, then rinsed with fresh water.

BCDs, fins, and weight/weight belts may be hosed off, rinsed in fresh water, or soaked in a mixture of bleach and water for a minimum of one minute, thoroughly rinsed in fresh water and allowed to air dry completely before their next use.

Equipment Configurations

All divers are required to have a redundant octopus second stage on their gear configuration for donation during emergency air sharing. Those with alternate inflator regulators (ex. Air2 on BCD inflator hose) should add an additional redundant octopus second stage to their gear configuration. This helps to avoid sharing the same second stage without disinfection between users.

All staff/participants using a personally owned regulator or BCD must provide proof of service or purchase within one year of the diving period (or whichever time frame is recommended by the manufacturer).

Pre and Post-Dive Procedures

Dive Planning: Extra conservatism in all dive planning is encouraged to decrease the need for divers to perform rescues or assists or activate Emergency Medical Services. Dives will be planned prior to donning gear. Ensure all dive team members are on the same page about the plan for the dive to minimize the need to talk at the surface of the water prior to descent. Extra air reserve should be planned for to account for breathing through the regulator until face coverings are able to be donned. It is recommended that divers surface with at least 1000 psi remaining in their cylinder.

Equipment Break Down: Second stage regulators may not be purged, until disinfected with bleach, during equipment break down, the system can be depressurized using the BCD power inflator. If the BCD was orally inflated, depressurize by purging the unused octopus second stage. Rental BCDs that were orally inflated will be removed from service until the interior has been sanitized.

Buddy and Equipment Checks: Function checks/buddy checks will be contactless and conducted by the diver with the buddy observing from three feet in turn. Checks will avoid oral inflation of the BCD. The diver also must not breathe from their own octopus second stage. Pre-dive functional testing must be accomplished via depressing the purge and listening for free flows.

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Mask Defog: The use of saliva as a mask defogger is not permitted. All divers must use commercial or home made mask defog solution. Solution may be rinsed out of the mask from a hose or when participants are distanced in the water.

Emergency Procedures

Emergency Preparedness: The following recommendations are designed to minimize transmission risk when responding to an emergency. Masks that will not get wet should have a HEPA filter valve in them. Each dive location should have an emergency response kit containing multiple oronasal resuscitation masks, bag valve masks (with HEPA filter), gloves, eye protection, face shields, gowns, and sanitizers. Each site should also have an emergency oxygen kit and AED readily available.

BCD Oral Inflation: A diver's BCD may be orally inflated in emergency situations only.

Emergency Air Sharing: If air sharing is required responding divers will establish contact and control, and then donate the octopus second stage. Refrain from sharing a single second stage unless refraining would result in injury or loss of life.

Assists at Surface: Divers will attempt to verbally assist and instruct the distressed diver at the surface from three feet. If the distressed diver is unable to respond, diver can approach with their scuba mask and regulator in place.

Unconscious Diver Rescue: Unresponsive divers will be towed to an exit point (shore or vessel) without rescue breaths. The towing divers should have their scuba masks on and regulators in their mouth. Once extracted from the water, the diver will be assessed and appropriate care will be given.

Providing Emergency Care: Providing emergency care, such as CPR, has inherent risks. The current COVID-19 pandemic is an additional risk factor.

- All those providing care should wear the following PPE: cloth face covering, gloves, face shield and/or eye protection, gown.
- Evaluate consciousness by shaking or stimulating the victim without approaching the face.
- Assess breathing by observing chest movements. The rescuers face should not come close to the victims face.
- If emergency ventilations are required, the use of bag valve masks should be prioritized over manual breaths, allowing rescuers to keep face coverings on.
- If compressions are required, a face covering should be placed over the victims mouth and nose.
- After the event has ended, use appropriate disinfectants to clean the area, and wash your hands thoroughly. Avoid touching your face, and consider showering, washing your clothes and disinfecting your shoes immediately after the event.