

Dive Medical requirements for PADI Open Water and PADI Advanced Open Water Certifications

This is a declaration in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the entry level recreational diving certificate program, and the continuing education programs offered through Explore Group, Hamilton Island.

Diver Medical | Participant Questionnaire

Recreational scuba diving and freediving requires good physical and mental health. 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. You will learn from the instructor the important safety rules regarding breathing and equalisation 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.

Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. There are a few medical conditions which can be hazardous while diving. Those who currently have, have had, 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. If you are pregnant, or attempting to become pregnant, do not dive.

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.

Permits and Ecology

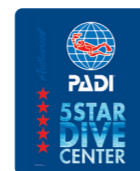
- Explore is committed to sustainable practices of eco tourism through education and preservation. More information at www.ecotourism.org.au.
- All prices within this brochure include GST and all applicable fees for Environmental Management (EMC) and National Parks.
- For more information about the Great Barrier Reef Marine Park Authority visit www.gbrmpa.gov.au

Terms & Conditions: All tours are subject to minimum numbers and weather conditions and may be cancelled at the discretion of the operator. All prices in this brochure are valid to 31 March 2023. We reserve the right to alter the vessel used on the day and will do our best to notify you in advance. We reserve the right to alter the destination on the day depending on the weather for your safety and comfort. Please see our website for full terms and conditions www.explore.com.au/terms-conditions/

The questions below are a prerequisite to a recreational scuba diving or freediving course – an extended questionnaire will be provided upon booking – should you answer YES to any questions below, you will be required to complete a medical physicians evaluation to certify you as fit to dive.

- I have had problems with my lungs, breathing (e.g., asthma/wheezing/severe allergies), heart and/ or blood affecting my normal physical or mental performance. Yes No
- I am over 45 years of age. Yes No
- I struggle to perform moderate exercise (for example, walk 1.6 kilometre/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 No
- I have had problems with my eyes, ears, or nasal passages/sinuses. Yes No
- I have had surgery within the last 12 months, OR I have ongoing problems related to past surgery. Yes No
- I have lost consciousness, had migraine headaches, seizures, stroke, significant head injury, or suffer from persistent neurologic injury or disease. Yes No
- 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 or developmental disability. Yes No
- I have had back problems, hernia, ulcers, or diabetes. Yes No
- I have had stomach or intestine problems, including recent diarrhea. Yes No
- I am taking prescription medications with the exception of birth control or anti-malarial drugs other than mefloquine (Lariam). Yes No

BOOK NOW: 07 4253 3340
 Email: hidiving@explore.com.au
explore.com.au



Unique Experiences in Amazing Places

LEARN TO DIVE

ON HAMILTON ISLAND



explore.com.au



PADI OPEN WATER DIVER

GREAT BARRIER REEF

Learn to dive with us and start your diving adventure at the Great Barrier Reef. If you have always wanted to scuba dive this is where it starts. The PADI Open Water Diver course is the world's most popular and widely recognised scuba diving qualification and opens the door to a lifetime of adventures.

Detail:

- Three-day course to obtain the full PADI Open Water Diver Certification
- Requires the completion of PADI e-learning prior to commencement of the course
- PADI Open Water Divers are certified to dive to a depth of 18m

Includes:

- All PADI learning materials and certification fees
- Instruction by one of our certified PADI instructors
- All diving equipment and tank rental included
- A maximum of six students per instructor
- Our purpose-built vessel has well-appointed indoor and outdoor spaces, freshwater showers and a hydraulic diving platform for easy water access

Course Schedule:

- PADI Open Water Courses consist of online theory and in-water training
- PADI e-learning (online dive theory) must be completed prior to commencement of the course
- **Day 1:** Confined Water Skills – A full day training in one of the Hamilton Island Resort pools
- **Days 2 & 3:** Open Water Skills – Two full days onboard our Great Barrier Reef vessel with two open water training dives each day.

Pre-Requisites:

- A Dive Medical is required prior to booking and commencement of the course
- Requires a minimum of 2 confirmed participants
- We ask you to confirm attendance with full payment upon booking – PADI e-learning details will be sent through upon payment which will take approximately 12 hours to complete

Pricing:

Per Person **\$1250** (minimum age of 12 years old)



PADI ADVANCED OPEN WATER DIVER

GREAT BARRIER REEF

Extend your depth limits, practice your navigation, and advance your diving skills by taking your dive certification to the next level. Do it at the Great Barrier Reef with up to six dives alongside our experienced PADI instructors.

Detail:

- Three-day course to obtain the full PADI Advanced Open Water Diver Certification – includes two core dives and three elective dives to certify, and a fun dive to celebrate (six dives in total)
- Requires the completion of PADI e-learning prior to the relevant dive.
- PADI Advanced Open Water Divers are certified to dive to a depth of 30m

Includes:

- Six dives on the Great Barrier Reef
- All PADI learning materials and certification fees
- Instruction by one of our certified PADI instructors
- All diving equipment and tank rental included
- A maximum of six students per instructor
- Our purpose-built vessel has well-appointed indoor and outdoor spaces, freshwater showers and a hydraulic diving platform for easy water access

Course Schedule:

- PADI Advanced Open Water Courses consists of online theory and in-water training
- PADI e-learning must be completed prior to diving
- **Days 1, 2 & 3:** Adventure Dives – Three full days onboard our Great Barrier Reef vessel with two adventure training dives each day.

Pre-Requisites:

- Certified as a PADI Open Water diver (or entry-level equivalent through a recognised dive association)
- A Dive Medical is required prior to booking and commencement of the course
- Requires a minimum of 2 confirmed participants
- We ask you to confirm attendance with full payment upon booking – PADI e-learning details will be sent through upon payment

Pricing:

Per Person **\$1350** (minimum age of 12 years old)

