

## PARTICIPANT INFORMATION

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First Name

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Last Name

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Date of Birth

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Male

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Female

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Address

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City

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State/Province

---

Zip / Postal Code

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Country

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Telephone Home

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Telephone Mobile

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Email Address (for use on e-Groups List)

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Web Address

## FREEDIVING PERFORMANCES

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Max Depth

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Average Operating Depth

---

Average Operating Time at Depth

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Dry Static Apnea Max

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Wet Static Apnea Max

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Dynamic Apnea Max

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Type of freediving most engaged in (spear fishing, competitive apnea, recreational sightseeing, photography...)

## EMERGENCY CONTACT INFORMATION

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Name

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Relationship

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Telephone Home

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Telephone Business



## PERFORMANCE FREEDIVING MEDICAL FORM

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

Date of Birth: \_\_\_\_\_

### ~ IMPORTANT - PLEASE READ ~

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

### MEDICAL QUESTIONNAIRE

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

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

Please use this space to describe any "YES" answers to any question above: \_\_\_\_\_

\_\_\_\_\_

**I certify that I have answered the above questions accurately and honestly.**

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

Witnessed: \_\_\_\_\_ Dated: \_\_\_\_\_

Doctors name / stamp \_\_\_\_\_ Doctors signature \_\_\_\_\_ Date \_\_\_\_\_

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



Performance Freediving International, Inc.

## UNCONDITIONAL AND FULL GENERAL LIABILITY RELEASE

PAGE 1 of 2

### ~ READ CAREFULLY ~

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

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

I understand that freediving/breath-holding underwater and related activities are inherently dangerous and involve inherent risks of injury or death, including but not limited to hypoxia, marine life injuries, perils of the sea, barotrauma, shallow water blackout, head injury, broken bones, injuries incurred while entering and exiting the water, brain damage, death, drowning and hyperbaric injuries. I understand treatment of a freediving/breath-hold diving injury may require immediate medical attention and/or hyperbaric oxygen therapy. I understand that the training dives for this freedive/breath-hold activity may be at a location that is remote, either by time, distance, or both, from medical care and/or a medical facility. I still voluntarily choose to participate in freedive/breath-hold activities in spite of the risk to me.

I understand that the risk of shallow water blackout, brain damage and death from anoxia/hypoxia is inherent to freediving/breath-hold diving activities, and I still choose to voluntarily participate in freediving/breath-hold diving in spite of these known risks. I agree that I will never freedive/breath-hold dive alone; I will always freedive with a qualified surface support freediver with me at all times.

In consideration of being allowed to participate in freediving/breath-holding activities, I understand and agree that neither Performance Freediving International Inc.,

nor its Instructors:

Ashley Chapman

Ren Chapman

Brandon West

\_\_\_\_\_

nor (Facility/ies):

Live Oak Church

Blockade Runner Beach Resort Soundside

Mystery Lake Scuba Park

Jim Barr Coleman

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

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

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



Performance Freediving International, Inc.

## UNCONDITIONAL AND FULL GENERAL LIABILITY RELEASE

PAGE 2 of 2

~ READ CAREFULLY ~

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

I am aware of the prerequisite skill level and/or equivalent diving experience necessary to participate in freedive/breath-hold activities, and I affirm that I meet these requirements.

I understand that I am responsible for supplying and maintaining my freediver/breath-hold diving equipment in proper operating condition, regardless of where I obtained it or from whom.

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

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

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

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

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

\_\_\_\_\_  
Date



Performance Freediving International, Inc.

## PFI STANDARD SAFE FREEDIVING PRACTICES STATEMENT OF UNDERSTANDING

This is a statement in which you are informed of the established safe diving practices for skindiving and freediving. These practices have been compiled for your review and acknowledgement and are intended to increase your comfort and safety in snorkelling / freediving. Your signature on this statement indicates that you are aware of these safe freediving practices and is one of the requirements to be a Performance Freediving International Inc (PFI) certified freediver in good standing. Please read and discuss the statement prior to signing it. If you are a minor, a parent or guardian must also sign this form.

I, \_\_\_\_\_, understand that as a freediver I should:

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

I have read the above statements and have had any questions answered to my satisfaction. I understand the importance and purposes of these established practices. I recognize they are for my own safety and well being as well as that of my buddy, and that failure to adhere to them can place me and my buddy in jeopardy while freediving.

Participant's Signature

Date

Signature of Parent or Guardian (where applicable)

Date



Performance Freediving International, Inc.

## LEARNING AGREEMENT

Welcome to your Performance Freediving course! We are excited for the opportunity to share with you our love of the underwater world and we look forward to helping you learn the amazing things your body is capable of doing. We strive to make our courses fun, exciting and entertaining, while at the same time chock full of interesting information and educational material. Your concentrated attention and focus will help ensure you get the most out of this experience, so we ask that you carefully read and agree to the following tips and policies that we enforce both for your safety and for the overall quality of your course.

### In class

- ~ Please be on time, prepared to begin, and return from breaks on time.
- ~ 100% attendance at all class sessions is required to be eligible to earn certification.
- ~ In order to foster an attentive and focused classroom atmosphere, please keep all cell phones off. If you need to make a call, please do so during scheduled breaks.
- ~ Please feel free to ask relevant questions! We will be presenting you with a lot of interesting material and sometimes complicated information, so please seek clarification and ask questions when needed to ensure that you understand the material. This is especially true regarding safety topics. There really are no dumb questions.

### At the pool

- ~ The pools we utilize are usually rented facilities where we are the guests. Always follow facility "house rules" and be respectful of other guests and pool employees. For example, if changing into/out of wetsuits on the pool deck, practice modesty and discretion, and always use appropriate language and demeanor.
- ~ For safety and to avoid slipping hazards, do not use wetsuit lubricant on the pool deck, but only in shower areas where you ensure all excess lube goes down drain and not onto slick floor.
- ~ No diving or underwater breath-holding until instructed to do so by a PFI instructor and while the instructor is in-water with you.

### In the ocean

- ~ Be careful with wetsuit lube to ensure you are not creating a slipping hazard on boat decks or polluting the environment.
- ~ Do not enter the water, either from a boat deck or from shore, until instructed by a PFI instructor to do so. Always be mindful of hazards such as propellers and other watercraft.
- ~ No diving or underwater breath-holding until instructed to do so by an instructor and while the instructor is in-water with you. This includes while swimming out to the rig.
- ~ Respect the rig—our carbon fiber dive rig is sturdy, but not unbreakable, so no sitting on bars, pressing the little silver buttons or adjusting the carabiners or lines.
- ~ If you see something—say something! Immediately bring to your instructor's attention any situation you think may be unsafe or might need attention: "That carabiner seems loose" or "My snorkel came off and it's sinking over there..."

### General

- ~ Please complete all medical clearance paperwork/requirements prior to the first in-water session.
- ~ Please pay any outstanding tuition balance prior to the end of the first day.
- ~ Follow all course procedures and safety protocols as set forth by your PFI instructor.
- ~ Please adhere to any third-party policies and procedures that are in support of PFI's course programs. This includes things like "Pool Rules" or the cancellation policies of charter dive boats, for example.
- ~ 100% attendance at all class, pool and ocean sessions is required to be eligible for certification.
- ~ The student also understands and acknowledges that payment of course fees guarantees training and not necessarily certification. Certification is earned only by successfully meeting all applicable standards and objectives.

By signing below, I state that I have read this Learning Agreement in its entirety and accept its conditions.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Legal Guardian if under 18: \_\_\_\_\_ Date: \_\_\_\_\_



Performance Freediving International, Inc.

## PHOTO AND VIDEO RELEASE

I, \_\_\_\_\_, hereby authorize Performance Free Diving International, Inc. (hereafter "PFI") permission to use my likeness in a photograph and/or video in any and all of its publications, including but not limited to printed and digital publications. I understand and agree that any photograph/video containing my likeness will be the property of PFI.

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

I hereby irrevocably authorize PFI to edit, alter, copy, exhibit, publish or distribute any such likeness of me for purposes of publicizing PFI's programs or business or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of my likeness in any photograph or video.

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

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

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

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

\_\_\_\_\_  
Printed name: