

Safety guidelines W.S.D.A. The Seadragons

Diving is known for being a adventurous and more of a relaxed sport, yet it does not go without any risks. Therefore we, W.S.D.A. The Seadragons have written down some safety guidelines to consider.

Certification and limits

First of all before you go diving, make sure your certification and skills are up to date. Know the limits of your training and your experience. This is something discussed and frequently mentioned throughout every dive course no matter the agency. Please do not exceed your limits and keep in mind that other around you might have a different mindset and experience when it comes to diving. Whenever you have the feeling you would go over your limit, do not hesitate to mention your concern to your diveguide and/or buddy. Remember that you do not owe anyone a dive, ever. Safety first and keep diving full of great experiences.

Plan your dive and dive your plan

No matter the dive, always make a plan. Formulating a plan helps spotting potential hazards and can prevent escalation when something goes wrong. It is however crucial that you also dive your plan. Before the start of you dive, make sure that you at least went over the depth, duration and route of you dive and that both you and your buddy agreed on it.

Buddy

As mentioned above, always dive with a buddy. This means that you plan your dive with them, stay together and withing each other's sight. You are not only there for your buddy in an emergency but your buddy is also your safety net in an emergency.

Check buddy and bubbles

Besides checking your own gear before the dive also always perform a buddy check. Again your life or your buddy's might depend on it. Additionally we highly recommend doing a bubble check after entering the water. When just below the surface check the equipment of your buddy, and your buddy yours, on leakage (bubbles). This is easier to see compared to the check above the surface as in the water bubbles will form. Usually when bubbles do occur it is relatively easy to fix and if not, that would be a good moment to call the dive.

Hydration and health

Make sure you drink plenty before and after a dive to prevent dehydration. This also in turn might lower the chance of getting decompression illness. When getting your certificate you were ask to fill in a form to check your medical condition. Are you not sure of the outcome, cannot remember or where there any severe changes in your health? Then please to the self-check (ENG & NL) on: <https://www.medischecheckvoorduikers.nl/>. However we still recommend doing a preventative medical dive check every few years at least.

Good judgement

On top of all off this use common sense and good judgment. When you do not feel well about a dive, voice your concerns and remember that you do not owe anyone a dive. Diving is safe and fun, following safety guidelines should help it that way.