

Rules and Procedures

Christchurch Freediving Club

Rules and responsibilities when freediving (pool)

1. Never dive alone. Always dive with a competent buddy. Agree before the dive what your buddy will do. For max effort or high-risk dives, you should have multiple people providing safety.
2. Never hyperventilate.
3. Do not dive under the influence of alcohol or drugs.
4. You must not continue diving after experiencing a blackout, LMC, or other signs of severe hypoxia.
5. Obey all commands from the session's person in charge and the pool's staff.
6. Follow the person in charge's session structure.
7. Obey any venue-specific policies, including the CCC breath holding guidelines when in CCC pools.
8. Let others in your lane know what you are doing.
9. When waiting at the end of the pool, allow plenty of space for divers to turn.
10. Dive within your abilities.
11. Ensure you are correctly weighted; you should be neutrally buoyant for dynamics and have no weights for statics.
12. Don't adjust weights or put weights on or off in the pool. Take care not to drop weights on poolside.
13. Members must provide their own equipment and it must be safe and in working order.
14. Don't dive with a snorkel in your mouth.
15. Static apnea must be practiced on the surface, not on the bottom of the pool or in mid-water.
16. Regularly practice diver rescues and response.
17. Be aware of other divers and other pool users. Ensure you don't collide or hit them with equipment such as fins. Don't jump or dive into a lane used for freediving.
18. All divers must be at least 18 years old.
19. Members must not attend club events (including training sessions) if they:
 - have cold or flu symptoms,
 - have been abroad in the past 14 days,
 - have had contact with people in MIQ or known to have had Covid-19 in the past 14 days,
 - or have had a positive Covid-19 test in the past 14 days.

Responsibilities

These responsibilities motivate and inform the rules and procedures in this document. See other sections for more details.

Committee:

- Set rules and procedures to ensure safe training.
- Carry out risk assessments and take action to mitigate risks.
- Ensure there is a nominated person in charge for every session. That person must be suitably experienced and have the access to club databases and documentation required to fulfil their responsibilities.
- Ensure there is an instructor present when inductions take place. That person must be suitably experienced and have the access to club databases and documentation required to fulfil their responsibilities.
- Ensure that all members are aware of the risks and responsibilities inherent in freediving.

Person in charge:

- Ensure all participants are club members and have attended an induction and completed all required paperwork.
- Ensure all diving is safe (e.g., properly supervised, no hyperventilation, etc.).
- Ensure all participants adhere to the rules in this document and any venue-specific rules.
- Ensure that all incidents and near misses are properly reported.
- Coordinate any incident response.

Induction instructor:

- Ensure all participants have completed all required paperwork.
- Ensure all diving is safe (e.g., properly supervised, no hyperventilation, etc.).
- Ensure all participants adhere to the rules in this document and any venue-specific rules.
- Ensure that all incidents and near misses are properly reported.
- Ensure that all safety content in the pool induction document is communicated effectively to participants.
- Record participation in the induction.

Club members:

- Adhere to safe diving practices (e.g., all diving is properly supervised, no hyperventilation, etc.).
- Adhere to the rules in this document and all venue-specific rules.
- Listen to instructions from the person in charge and pool staff.
- Be properly prepared to respond to incidents by undertaking regular training in incident response.
- Respond to incidents appropriately.

Procedures

Pool training

- A person in charge of a training session will be nominated by the committee at least 24 hours in advance. If a person in charge cannot be found, the session must be cancelled and the pool informed.
- There must be at least two people present to conduct a session.
- The session must not begin until the person in charge is present. The session must end when the person in charge leaves.
- The structure of the session is decided by the person in charge. Their instructions must be obeyed.
- The person in charge should validate that everyone diving is a club member, this can be checked online using the club's membership records. (Being a club member ensures that the person has taken a pool induction and completed a participation agreement and medical questionnaire).
- No breath holding or diving activity can take place outside of the booked lanes, or before or after the booked times.
- In the event of an incident requiring rescue or response by a safety diver or lifeguard, the session must stop until the incident is completely resolved. If the incident is serious (as decided by the person in charge) or if the incident involves the person in charge, the session must end immediately.
- The person in charge must ensure that all diving is safe, including abiding by the club rules above. Anybody diving unsafely can be asked to leave by the person in charge, they must leave the session immediately.
- Each diver must ensure they are in good health for diving. Divers must not be under the influence of drink or drugs, and should not eat immediately before training.

Pool inductions

- The induction instructor is responsible for divers being inducted. If there is also a regular training session, there should be a separate person in charge; they are responsible for club members in the regular training session. The induction instructor and person in charge should coordinate to ensure use of the lanes is safe.
- Divers being inducted must follow the club rules and any instructions from the instructor and pool staff.
- All divers being inducted must have pre-registered. The instructor must have a record of who is registered for the induction and must record who is present. If anyone leaves early, that must be recorded by the instructor (if a diver leaves early or is not present, their induction does not meet the requirement for joining the club). Divers who arrive late may only join the induction at the instructor's discretion.
- The instructor must ensure that all divers have paid the induction fee, and completed the club's participation agreement and medical questionnaire. Any medical issues must have

been cleared by a doctor before the diver can participate in the induction. The instructor should have paper copies available for anyone who has not completed these documents prior to the session.

- The instructor must give each diver a copy of the pool induction handout. The instructor must cover all safety items in the handout.
- The pool induction must include a practical part where each participant can practice being a safety diver during a dynamic apnea, and performing a dynamic apnea. The induction must include practice of recovering a diver to the surface of the pool, blackout protocols, and removing a diver from the pool.

Reporting an incident

- Any health and safety incident, including every accident or incident where a diver requires first aid, intervention of pool staff, or attendance of emergency services, or a diver suffers a blackout must be reported. Near misses, hazards, and suggestions for improvement may also be reported.
- Incidents should be reported using the incident form on the club website. Valid incident reports will be kept by the club for at least two years. Any incidents reported using a paper copy of the form should be entered into the online system.
- Anyone may report an incident (club member, pool staff, induction participant, etc.). If the person in charge of a pool session or an induction instructor is aware of an incident which qualifies for reporting, they must report it.
- All incidents must be reviewed by the committee at the committee's next meeting. Improvements should be made to procedures, risk assessment, and practices accordingly. A summary of the review should be recorded and sent to the reporter of the incident.

Emergency action plan

See also Freediving New Zealand's [National Standards](#).

Initial Actions

In the event of a diver losing consciousness the diver's buddy will recover the diver and support the diver from the side of the pool or in the water, ensuring that the diver's airways remain above the surface of the water, and that the diver does not injure themselves by falling on the side of the pool.

The diver's weights may be removed if necessary to ensure the diver can be brought to the surface and their airways remain above the surface. The diver's facial equipment will be removed, including mask, goggles, and nose clip.

The diver will be coached using the "Blow, Tap, Talk" methodology, designed to stimulate the breathing reflex. In virtually all cases, this stimulus is sufficient to restart breathing and cause a diver to regain consciousness.

The diver may be lifted onto the side of the pool to aid with the recovery procedure.

If a diver fails to begin breathing following diver recovery and the “Blow, Tap, Talk” procedure, a club member will alert the pool staff of the situation, within 1 minute of attempting to recover the diver.

Pool staff will take over management of the situation. Club members will assist pool staff as requested. Training will be halted for the remainder of the session.

Response Scenarios

Scenario	Assistance from club member	Assistance from pool staff
Diver surfaces after a physically demanding dive, and is showing signs of hypoxia and fatigue. The diver may have pushed past previous best performances, or persevered under difficult conditions.	Diver is closely monitored by a club member.	No assistance is required by pool staff.
Diver surfaces showing loss of motor control.	A club member monitoring the dive may support the diver from the side of the pool or in the water in case assistance is required.	No assistance is required by pool staff.
Diver experiences blackout not requiring resuscitation.	A club member monitoring the dive will support the diver from the side of the pool or in the water. (See above description of "Blow, Tap, Talk" protocol).	No assistance is required by pool staff.
Diver requires resuscitation.	Emergency services are to be contacted via 111. All club activities are stopped	Pool staff will be engaged as per the pool's Emergency Response Plan.

Membership

- Anyone who fulfils the following criteria may apply to join the club
 - is 18 years old or over,

- has attended a club induction,
 - has not previously been banned from the club,
 - has completed a participation agreement,
 - has completed a medical questionnaire and has a doctor's approval for freediving with any medical conditions.
- The club secretary will keep electronic copies of all paperwork for all members.
- The committee has complete discretion on whether a membership application is accepted.
- Every member of the club must pay club fees, these are \$100 per calendar year. For a member's first year only, they may pay for a fraction of the year, based on \$10 per month. For example, if a member joins in May, they will pay \$70 for the remainder of the year (June - December).