

# Freediving New Zealand

## Incident Response Plan

Club Name: Christchurch Freediving Club

Activity Location: Graham Condon Pool

Plan date: 2/12/20

This IRP relates to the aquatic apnea activity conducted by the above named club at the location detailed. The activity will be conducted in accordance with Freediving New Zealand's National Standards available on the website detailed below.

Any apnea activity where a person holds their breath while submerged in water at any depth, is by its very nature an extremely dangerous activity. An unsupervised person conducting in water breath-hold has the risk of becoming unconscious due to hypoxia or reduced oxygen to the brain. In the event that the person in the water becomes unconscious the likelihood of self-recovery is extremely remote and the risk of death highly likely.

Freediving as a sport as recognised by AIDA International and nationally by Freediving New Zealand (FDNZ) is extremely safe due to the awareness of the risks by those managing and conducting the activities and the mitigation put in place by standards and recognised good practices.

<http://freediving.co.nz/wp-content/uploads/2016/05/Freediving-New-Zealand-National-Standards.pdf>

### Initial Actions

In the event of a diver losing consciousness the supervisor 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. Weights may include:

- Neck weight
- Weight belt (around the waist)

The diver's facial equipment will be removed including:

- Mask or goggles
- Nose Clip

The diver will be coached using the "Blow, Tap, Talk" methodology, designed to stimulate the breathing reflex. This is a recognised procedure for encouraging divers to resume breathing following a blackout.

This involves:

- Circulating air around the divers face by blowing
- Talking to the diver, generally repeating the phrase “Breath [diver’s name]”
- Tapping or stroking the divers face (cheeks)

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

The following is a list of scenarios associated with the sport of freediving where assistance may be given to a diver during or following a dive:

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.	Oxygen may be administered by a certified 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.  Oxygen may be administered by a certified club member.	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.  Oxygen may be administered by a certified club member.	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.