

# **DIVE RULES**

## **Freediving**

**Dive Center Kreidesee GmbH & Co. KG Cuxhavener Str. 1 21745 Hemmoor  
Tel. 04771-7921 from 09.00 Hours www.kreideseetaucher.de Booth: 01/18**

- 1. Before diving I must register according to my dive planning e.g. Apnea diving and acknowledge receipt of the displayed Sea Sketch, as well as the diving rules.**
- 2. My medical dive certificate must not be older than two years. After the age of forty, it must not exceed one year. Diving under the influence of narcotic drugs is prohibited**
- 3. Apnea divers are equal to scuba divers. For diving deeper than 12 m I require a Free diving licence! I must observe the VDST Freediving Safety Rules!**
- 4. The limits are a 75 m distance dive, 25 m deep dive and a dive time of 3 minutes!  
If I want to exceed these limits, I must cover myself with another diver. I need to use a guiding rope and a surface buoy.**
- 5. I never dive or train alone! To avoid accidents caused by blackouts, it is essential that I always have my partner in sight. I cover my partner, especially in the "final phase" of the ascent to arm's length. A blackout can also occur at the water surface.  
This also applies to the relaxed "holiday snorkeling".**
- 6. Freediving dives take place before scuba dives! During the sudden pressure release caused by the yo-yo profile typical of Free diving, the tissue saturated by a scuba dive releases more microbubbles. These are further increased by effort and fast ascents. There is thus a significantly increased risk of a decompression accident.**
- 7. As a DI I decide upon my own responsibility, adapted to the circumstances, about the number of students diving with me.  
At the shaker (E3) all training dives are forbidden.  
I may only dive on the shaker if I can prove at least 40 dives, 5 of them in cold water.**
- 8. I must keep a distance from "objects" or gain access to them. Damages will be regarded as property damage.**
- 9. I will be banned from diving if I do not register before diving, if I initiate the rescue chain through negligent conduct, or if I violate these diving rules.**
- 10. In case of an accident, I must cover all related costs, even for false alarms caused by my behaviour. I take note that there may be no pressure chamber available within a reasonable distance.**
- 11. With my signature on the registration form I unconditionally accept all rules valid here.**