

Japan Professional Scuba Diving Instructors Association

[JP's wish for safe diving]

JP's diving instructors take professional responsibility and awareness to ensure that divers can enjoy diving safely.

However, in order to conduct safe and enjoyable diving, it is essential not only for instructors to play their roles but also for divers to cooperate with each other.

Please understand the following information and cooperate with us in our efforts to ensure safe diving activities.

I. Are you in good physical condition?

Diving is a sport that depends on your physical condition. If you have any concerns about your physical condition on the day of diving, please be sure to consult with the instructor.

Diving with a hangover, drinking alcohol, or taking medicines with strong side effects is dangerous. Please do not do so.

2. Observe the buddy system. (A buddy is a designated partner or buddy who helps each other)

Be aware of your buddy before you dive, cooperate and help each other when you equip and install equipment, and dive within easy contact with your buddy underwater.

Do not get too absorbed in taking pictures of underwater life or cameras, but always be aware of your dive instructor and try not to get separated from your dive instructor buddy.

3. Be sure to check the operation of your equipment before you start diving (entry).

Do not leave the equipment and operation check to others, but make sure that you can do it yourself. (It is especially important to check the operation of your regulator and BCD.)

Don't forget to check tank pressure (residual pressure), air smell, and buddy check.

For equipment that is being used for the first time or rented, please check with your instructor to make sure you know how to use it properly.

When did you overhaul your regulator? If it is overdue, ask your instructor to OH it.

4. Check the sea conditions where you will be diving.

It is very important to know the sea conditions. Check with your instructor during the briefing about the current, visibility, condition of the seabed, and precautions for the dive site.

If the current is too fast or the sea conditions are bad at a dive site you have never experienced before, please consult your instructor about changing the dive site or postponing the dive.

5. Don't forget to check your tank pressure during the dive.

Keep track of the pressure in your tank yourself and inform your instructor.

Make use of hand signals.

6. In case of accidents.

If for some reason you become separated from your team, do not look around in the water but remain there for 30 seconds to I minute. If you cannot join your team, slowly surface at a speed of 9 meters per minute. After surfacing, inflate the BCD to ensure sufficient buoyancy. The instructor will also surface to join you. When in the water, take your time and do not panic.

7. Are you diving deeper than your instructor?

Please make sure to utilize your skills while diving.

Instructors will implement the dive plan within the infinite pressure time. Please pay attention to the depth of the water to avoid diving deeper than the instructor.

During the dive, please utilize diving techniques, maintain neutral buoyancy, do not hold your breath when surfacing, and be aware of your surfacing speed.

8. A request from our instructors.

If you have any doubts or concerns about the standards, rules, course content, or diving techniques, please be sure to consult with your instructor. Also, if you are not comfortable with a certain diving technique, please practice it repeatedly to fully master it.

Skin diving is the basis of scuba diving. Please make an effort to improve your skin diving skills on a regular basis.

In order to dive safely, please keep physically active on a regular basis, and if possible, swim in a pool to get accustomed to the water.

If you have been away from diving activities after obtaining your C-card, please review the course content and reconfirm the knowledge and skills necessary for diving before participating.

Diving alone is very dangerous. Always dive with a trusted buddy, instructor, or local guide.

As a sport diver, please follow the rules and regulations and participate in the scuba diving training and fun diving tours.