



# Freediving Policy

## Aim

The aim of this policy is to communicate the requirements for freediving with the club and club boats.

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## 1 Revision

This policy is to be maintained and reviewed by the AUSC Committee.

## 2 Application

This policy applies to all members who would like to participate in freediving.

## 3 Freediving requirements

Freediving from a club boat is permitted under the following conditions:

- Each freediver is to have another freediver acting as a buddy;
- Divers are to have provided evidence of successful completion of a freediving course or a course of instruction from an appropriately experienced freediver; and
- Divers are satisfied that the proposed dive activity is within the reasonable limits of their equipment, skills and experience.

## 4 Blackout risk

With any type of freediving, there is a risk of a diver losing consciousness (i.e. having a blackout). The most urgent aspect of a blackout situation is to get the diver's airway out of the water as soon as possible. In most cases, the diver will within 5-10 seconds come to and start breathing on their own.

### 4.1 Blackouts introduction

The following video may be helpful in understanding blackouts.

<https://vimeo.com/2060317>

### 4.2 Blackout rescue

A buddy must stay alert and watch out for signs of blackout. These include the diver releasing air, loss of direction, going limp, not moving, erratic movement/seizures, failing to respond to a signal and eyes rolling back. If a diver suffers a blackout underwater the safety diver should bring the diver up whilst lightly supporting the head and closing the jaw. This protects the airway to prevent water getting into the lungs. The affected diver's body can be supported by clamping the forearms down onto the diver's chest.

Upon surfacing the following is to occur:

1. Get the diver's airway out of the water immediately.
2. Remove the diver's mask and support the head.
3. Blow across the diver's face and eyes, and talk to him or her.
4. Say the diver's name and encourage him or her to breathe.
5. If the diver does not come to and start breathing within 20 seconds their larynx may be shut; use 1-2 effective breaths of mouth to mouth resuscitation to re-open the airway.
6. The diver is to cease diving for the day and seek medical attention.

Note that the affected diver can usually hear before he or she can see.

## 5 References

Australian Freediving Association (2015) – *Australian Freediving Association*,  
<http://www.australianfreediving.org/>.

NSUC for USFA. Inc (2008) – *Samba and Blackouts*, <https://vimeo.com/2060317>, accessed 8/11/2015.

## 6 Document control

Revision (Date)	Person	Comments
0 (13/10/2015)	<b>Author:</b> David Warren <b>Reviewed:</b> Committee (via Meeting 13/10/2015) <b>Approved:</b> David Warren, President.	Document released to club membership. Based largely on SOP 13 <i>Freediving</i> (developed by Tim Brown) within this policy.
1 (10/11/2015)	<b>Author:</b> David Warren <b>Reviewed:</b> Committee (via Meeting 10/11/2015) <b>Approved:</b> David Warren, President.	Added safety video introduction (Section 4.1).