



# **Australian Underwater Federation**

## **AUSTRALIAN NATIONAL SPEARFISHING CHAMPIONSHIPS GUIDELINES & STANDARD FORMS**



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## 1. **PREPARATION FOR THE EVENT AND “B SECTION RULES”**

The “B Section Rules” (also known as local rules) are the local rules prepared by the Championship Director, Host State body and the local committee and endorsed by the National Spearfishing Commissioner.

The “B Section Rules” shall include:

- an official contact for intending competitors so that it can then be advertised via AUF media accounts;
- the scoresheet;
- ineligible and protected species;
- possible locations, times;
- administration and any other relevant information such as:
  - o Establish what registration arrangements will be available
  - o The fees for the event; and
  - o A schedule of the competition events
  - o A copy of the “**A Section Rules**”
  - o A copy of ‘**Competition Risk Assessment**’ and ‘**Safety Message to Competitors**’ identifying hazards and harm minimisation strategies.
  - o A copy of the completed ‘**Spearfishing Competition Medical and Emergency Contact List**’  
(see attached example documents)



## 2. DUTIES OF CHAMPIONSHIP DIRECTOR

### ***Appointment of Championship Director***

The role of the Championship Director is overarching of the event from the time planning starts until all details are tidied up in the days following the Competition. In practice, many of the Championship Director's tasks associated with running the Championships will be delegated. But it remains the Championship Director's role to ensure all necessary arrangements are completed by whoever is responsible, to a standard befitting the running of the Australian National Spearfishing Championships.

Ideally, the Championship Director shall be a person who has previously actively competed in similar competitions and has the ability and necessary knowledge from their earlier experience to oversee and safely run such competitions.

The Host State running the event will appoint the Championship Director or form an interim organising group a minimum of 6 months ahead of the event and confirm with the National Spearfishing Commissioner that planning is underway.

It is expected that the Championship Director will appoint a Competition Committee to assist in the running of the Competitions.

The role of the Championships Director is to:

- Oversee the event and to ensure compliance with these rules;
- Follow the guidelines for Duties of Championship Director;
- Select all necessary Competition Areas and control event timing;
- Ensure that scoring is calculated in accordance with the rules;
- Ensure that safety boat support is provided;
- Award trophies and awards; and
- Ensure that any sponsorship arrangements are adhered to.

### ***Early preparation***

At least four months prior to the competition, the Championship Director shall provide the National Spearfishing Commissioner with a draft of the "B Section Rules".

The Championship Director shall also ensure that:

- The timeline for Nationals is followed;
- The eligible species list is selected;
- A Championships Director is appointed;
- A Weighmaster and Scorekeeper are selected; and
- A panel is selected for the Film Fishing event.

The Championship Director shall also attend to the following well ahead of the event:

- Where appropriate plan for the donation of fish;
- Secure a venue for the AGM, weigh-ins, briefings, and the prize-giving dinner. Organise caterers for the dinner;
- Confirm the availability of digital scales for the bulk weighing of fish ensuring that such scales have a certificate of accuracy well ahead of the time of the competition;
- Secure use of a computer with all event documents stored and readily accessible. Setup and rigorously test spreadsheets for each event which should automatically calculate each days' results accurately;



- Set up electronic registrations for the event well ahead of time. Include guidance for competitors on selection of events (age limit for juniors, and any additional categories and nominations for various events);
- Prepare hard copies of the "A Section Rules" to make available at the briefing;
- Obtain suitable marine charts to be used at the briefing to identify competition areas;
- Ensure any event apparel is organized ahead of time with the correct designs and with any agreed sponsor's logos. Check deadline for specification of apparel sizing and communicate that to competitors to ensure they do not miss out on correctly sized apparel;
- Ascertain nearest Emergency Medical Centre and methods of getting there (refer to example form in this pack: 'Spearfishing Competition Medical or Other Emergency Contact List'); and
- Invite competitors from Inter-Pacific countries to attend the event.

### ***Just Prior to Event***

In the days leading up to the competition the Championship Director shall do the following tasks:

- Arrange for access to the event computer for entering competitor details and making payment online. Maintain a live record of registrations;
- Notify {where appropriate):
  - o Local Authorities
  - o Police
  - o Boating/fishing Clubs
  - o Marine Radio stations
  - o Coastguard
- Obtain latest weather report;
- Identify a suitable competition area with regard to sea conditions, underwater visibility, marine currents, boat traffic, marine life, the fish list, diver abilities, and all known risks;
- Make extra copies of charts for use in marking the competition area, and hazards for each day's event;
- Make sufficient copies of the required forms contained in these Rules and Guidelines;
- Ensure there will be two safety boats (one for the Championship Director) if a land mass will stop one boat seeing the whole of the competition area. A safety boat must be visible to competitors at all times and should be equipped with the items in the Safety Boat Gear List.
- Establish the communication frequency;
- Have a Plan of Action to be followed in the event of an accident or emergency;
- Be familiar with the 'Protocol for Return to Diving Following a Blackout Event';
- Ensure any event apparel or products have been received and will be available for collection as competitors register; and
- Ensure all trophies and medals are transported safely to the event.

### ***Management During the Event***

During the event, the Championship Director shall:

- Not compete in the competition;
- Run Safety Briefings prior to the start of competitions;
- Ensure the availability of all relevant safety equipment out on the water during competition;
- Define the Start/Finish area of a competition and record numbered pairs as they enter the Start/Finish area and later the return of all competitors through the Start/Finish area before the end of competition; Such records shall be retained and made available for audit if required;



- Penalise or disqualify any individual or pair who break a safety or competition rule for which there is no provision already listed under existing rules; such a penalty shall apply collectively to the pair; where such penalty occurs the affected competitor/s may request the Championship Director to refer the dispute to the Dispute Committee; in that case the Dispute Committee's decision will take precedence;
- Ensure that whenever a penalty is applied, the pair's results will be recorded;
- Record results in preparation for giving out trophies;
- May adjudicate on any dispute arising under existing Rules or withhold counsel and instead refer the dispute to the Dispute Committee.

### ***After the event***

The Championship Director shall:

- Communicate event results electronically when they are available to competitors and to AUF media;
- Keep track of certified scales for next events;
- Complete an Incident Report regarding any safety incidents and near misses and forward it to the National Spearfishing Commissioner;
- Report any incidents to the appropriate authorities as required and cooperate with any resulting investigations with a view to improving safety for future events; and
- Revise these Rules and Guidelines with any obvious improvements for following years.

### 3. DUTIES OF WEIGHMASTER

#### ***Overview of the Role:***

The weighing of fish is the 'face' of spearfishing for the public and the arbiter of a competitor's catch. A Weighmaster who enables public viewing of the fish while efficiently processing each pair's catch helps harness the interest of the public and the appreciation of competitors. From an onlooker's perspective it is often their chance to see new species. For competitors, an efficient weighing process will ensure they are not still waiting with their fish 90 minutes or more after coming ashore. The consideration of competitors who have yet to clean their gear, re-fuel their boat, organise a meal then get adequate sleep all in preparation for the next day, demands a weigh-in that is run efficiently. It will be one that is indicative of careful, thorough planning done beforehand by the organisers.

With events of 30+ pairs, or a lesser number of pairs, but with many weighing in 12+ species, a lot of which will need individual weighing on the 500 grams scale, then the weigh-in should start as soon as the first ashore competitors are ready. During the weigh-in process time is unnecessarily taken up by competitors who lay out their catch then spend minutes deciding which fish to remove before presenting them. Meanwhile, the Weighmaster and remaining pairs wait!

A proven solution in the above circumstances is to have two separate tables – one for competitors to sort their catch prior to presentation (a 'sorting table'); and a second table for presentation of the catch to the Weighmaster (a 'presentation table'). While one catch is being assessed by the Weighmaster the next pair can begin to arrange their catch on the sorting table. Laying fish out on the ground should not be allowed.

Ice should be available for cooling fish in plats/eskys/containers of those competitors further down the queue and waiting to weigh-in.

Official scales are not to be used by competitors.

#### ***Order of weighing in:***

##### **Sorting of Catch**

- Set up a self-draining 'sorting table' under shelter. Competitors are required to sort their catch prior to presentation, checking their catch for species eligibility, legal length and minimum weight.
- Additional certified scales may be made available to competitors at the sorting table prior to presentation along with a measuring device such as a ruler, tape measure or brag mat.
- A laminated copy of the score sheet can be made available to competitors for reference.
- However, competitors are ultimately responsible for sorting their own catch and checking species eligibility, legal size, minimum weights etc prior to presentation.

##### **Presentation of Catch**

- Set up a self-draining 'presentation table', bulk weighing scales (out of the wind), electronic scales for checking the weight of smaller fish and device to measure length;
- Check that the Scorekeeper has the appropriate score sheet for the competitor;
- After sorting their catch have competitors place their catch on the presentation table;
- Once presented the competitor may not touch the catch;
- Any entrails removed by the Weighmaster during presentation are to be placed in the competitor's container;

- Once presented, weighing can proceed:-
- Group the species;
  - o Check there are no ineligible species -100 points penalty
  - o Check marginal fish for length; Measure them -100 points penalty
  - o Check marginal fish for weight using electronic scales -100 points penalty
  - o Check allowable number of each species -100 points penalty
- Fish over 15kg, weigh first and separately; If over 15kg, remove the fish from the scales and place aside;
- Underweight / ineligible fish are to be set aside;
- Place eligible fish in bulk weigh bin, counting the number and naming the species as fish go into the bin;
- Scorekeeper to record each fish on score sheet;
- Read out total weight of fish in bin;
- Scorekeeper to add 15kg weight for each fish under the scales and not already in weigh bin;
- Scorekeeper check with competitor the number of species ticked before fish disposed of;
- Scorekeeper and Weighmaster to apply any penalties incurred (See 'A Section Rules' – 'Weighing In')
- Weighmaster to ensure any underweight / ineligible fish are removed by the competitor;
- Re-calibrate scales between competitions.

### ***Scoring System Requirements***

A computer should always be used to record scores and calculate results. AUF has a customizable excel spreadsheet available (by request) for this purpose.

A secondary score verification system is recommended, such as a video recording of the weigh-in.

Aggregated results should be printed and displayed to competitors and/or made widely available via social media to competitors when authorised by the Championship Director.



#### **4. BRIEFING GUIDELINES**

The Championship Director is responsible for giving a full pre-competition briefing including the following elements:

- Have a prepared written list for use on the days of competition to run a roll call of all competitors (see example form: 'List of Divers for Roll Call and End of Day Finish Record')
- Issue each pair with appropriate identification number and record it;
- Record the boats being used;
- Ensure boat operators account for all persons in their boats at the end of Competition;
- Nominate last boat to return (tail end Charlie);
- Have available copies of the "A Section Rules" for diver self-briefing;
- Discuss the rules for diving in pairs (or as individuals with an observer as the case may be), so that all competitors are aware of them;
- Discuss the equipment rules so that all competitors are aware of them;
- Run through the Competition Risks and Action Plan so that competitors know the risks, avoidance measures, and expected primary responses;
- Inform competitors of safety equipment available;
- Identify the Championship Director's boat as the boat within the Start/Finish area to be touched for sign- on with pair number and later, sign-off before the end of each day of competition;
- Identify other safety boat/s and skippers;
- Display a chart of the competition area;
- Define the area for the day;
- Inform competitors of any risks particular to the competition area and note these on a dated copy of the chart;
- Give weather report and tide information;
- Indicate anchorage/meeting place for boats;
- Set official time;
- Give intended start/finish times;
- Remind competitors that if the Start Time for competition needs to be changed while at sea it will not commence until a minimum of 15 minutes has elapsed after the arrival of the last boat at the competition area;
- Identify the Weigh-in venue;
- Summarise the Fish list and scoring;
- Notify launching and retrieving arrangements, car and trailer parking;
- Ascertain if/where boats are launching elsewhere;
- Establish VHF frequency;
- Select Dispute Committee;
- Explain disputes procedures;
- Notify where official results will be posted;
- If the above briefing has taken place the evening before competition, clarify any official arrangements for the next morning before departure;
- Housekeeping matters including, Prize giving details, return of trophies; and
- Deal with divers needing boat rides.

5. **PART E: AUSTRALIAN TEAM SELECTION | INTERPACIFIC and WORLD CHAMPIONSHIPS**

***Australian Team – Selection Criteria***

- The Australian Spearfishing Team for international competitions such as the Interpacifics and World Championships will be selected having regard to the results in the immediately preceding Australian National Spearfishing Championships.
- Other matters to be considered when selecting members for the Australian Spearfishing Team include:
  - o Suitability to proposed event conditions;
  - o Ability to successfully identify, hunt and capture unfamiliar or extremely evasive or rare species;
  - o Previous performance at international events;
  - o Being a team player;
  - o Ability to self-fund and assist in fundraising;
  - o Attitude to safety and following rules and officials directions;
  - o Previous local competition results, National, State, Interclub, club events;
  - o Willingness to train to peak performance for the event;
  - o Availability to compete regularly at international events; and
  - o Referees opinions.
- Selections of the Australian Team for the Interpacifics:
  - o Will be carried out in the year proceeding the upcoming event by a call for “*expressions of interest*” from competitors who are interested and available;
  - o The expression of interest call will be made no later than the end of July in the proceeding year and remain open for 45 days; and
  - o The National Spearfishing Commissioner along with State Commissioners will evaluate the applications and determine the selected representatives who are to be advised no later than end the of November in the year proceeding the event.
- Selection of the Australian Team for the World Championships:
  - o Will be carried out in the year proceeding the upcoming event by a call for “*expressions of interest*” from competitors who are interested and available;
  - o Expressions of interest will be called in the year proceeding the event and applications remain open for 45 days; and
  - o The National Spearfishing Commissioner along with State Commissioners will evaluate the applications and determine the selected representatives who are to be advised no later than the end of March in the year of the event (or at least 5 months in advance of the event).

***Australian Team Manager’s responsibilities***

- Obtain information about the forthcoming venue, locations, maps, weather, visibility, water temperature, eligible species, score sheet, competition rules, penalties, etc.
- Compile a list of relevant species and some study information on each species as might be available on the web (e.g. [www.fishbase.org](http://www.fishbase.org)) including photographs.
- Compile a document of all relevant information regarding the competition including estimated costs based on current rates for accommodation, food, airfares, car hire, boat hire.
- Check which equipment may be used during scouting e.g. scuba, underwater scooters, GPS and sounding devices may be used in scouting but not during the competition.



- Supply a training schedule for the selected team members at least two months before competition.
- Co-ordinate the departure of team members so as to allow for sufficient time to acclimatise and scout in preparing for the competition.
- Explain a fair system by which the final team will be selected and structured for each days fishing. Such a system should not allow for individuals to work against one another as the team effort is that which will ultimately count. Divers should be selected upon merit before the competition starts and the reserve may replace one of the divers on the second day.
- Prepare a list of applicable size limits by species by weighing fish and measuring their sizes at a local fish market. Such limits by species to be marked on each competitor's spearguns so that they cannot become confused during the competition and/or receive penalties as a result.
- Attend all meetings which have a bearing on the competition and ensure that team members are informed and get access to available boats and equipment, so they are not disadvantaged in any way by competing nations or the organisers.
- Make sure that divers are giving themselves the best chance of performing well by eating sensibly and taking enough water and food to sustain them during the competition.
- Manage the teams on the water on each day of the competition making the best possible use of local knowledge, skills and experience. Communicate with each of the divers through whatever methods are allowable under the rules. Direct spearfishermen to areas where other divers are having success and keeping them informed on ways in which they can improve their performance.
- The manager should keep a close eye on proceedings before and after the weigh-in.
- Provide a feedback report and photos to the AUF Spearfishing Commission within one month of returning from the titles.

### ***Team Responsibilities***

- Pay a deposit of \$300.00 to team manager to confirm selection.
- Provide for sufficient time to be away so as to allow for acclimatisation and scouting. It is best that teams travelling to World Titles have at least 2 weeks prior to the competition in which to scout.
- Work with the manager by completing checklists so that he can evaluate the knowledge and awareness that the team has of what to expect.
- Maintain a high level of fitness in the lead up to the competition. Follow guidelines in training specified by the team manager. Attend as many competitions in the lead up as possible and dive as often as possible.
- Raise funds through raffle draws, functions, sponsors, sale of t-shirts, etc.
- Arrange appropriate clothing including dress Jacket with Australian colours.
- Work with the manager to ensure the team has the best chance of performing well.
- Accept the manager's decision as to which combination of divers to field on any particular day and regard such decision as in the interests of the team and not the individual.



## 6. COMPETITION RISK ASSESSMENT | ACTION PLAN | STANDARD FORMS

Below are examples of a 'Risk Assessment and Action Plan' as well as a 'Safety Message to Competitors' to be provided with the "B Section Rules" that can be adapted as necessary by organisers to account for local conditions:

### **Risk Assessment and Action Plan**

**Note to competitors:** A competitor may enter a safety boat or seek assistance from a safety boat at any time but doing so, for any reason, disqualifies that competitor, and their pair, from that days competition.

Risk	Cause	Avoidance measures	Primary Response	Support Required	Secondary Response
Diver blackout or drowning, when diver is close to the surface	Diving too deep/long  Insufficient recovery time before dive  Medical Event  Alcohol/drugs	Agree to limited depth/dive times with your buddy  Limit dive depths and times to within your known ability, having regard to your physical state  Warn your buddy if you expect a dive to be difficult so they can be ready to provide support  Buddy should monitor every dive and be close enough to assist immediately if diver blacks out  Avoid alcohol/drugs prior to and during event	Recover diver, remove mask, blow gently on face, mouth to mouth if not conscious after short time.  Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat – get someone else to do this if possible	Medic on safety boat, trained for SWB incidents  Equipped with O2	Diver blackout protocol
Diver lost underwater	Blackout or entanglement / entrapment	Carry knife, avoid entanglement risks  Do not dive until your buddy has dealt with any speared fish and is ready to watch your dive  Buddy should monitor every dive and be ready to assist if you do not surface when expected  Surface diver should monitor float line for direction of diver	Follow float line and search immediately for diver. If not found immediately, enlist surrounding divers.  Mark location if possible: consider firing gun into bottom as marker, take note of where you are  Maintain a conservative and safe diving pattern to ensure you also do not blackout  Recover diver only if safe to do so. Remove weight belt if necessary and bring diver to surface lifting under chin to hold their mouth shut. Proceed immediately with mouth to mouth  Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat	Safety boat must have a SCUBA diver and SCUBA gear for diver/body recovery	Medic to assess diver for appropriate response
Diver DCS	Diving too / deep too long / not enough recovery time before dive	Avoidance measures Buddy control, self control  Do not do weight assisted descents	Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat – get someone else to do this if possible	Medic on safety boat, supply O2	Request rescue helicopter to evacuate diver to nearest decompression chamber.
Lung or Trachea Squeeze	Straining/flexing arms, body, or neck at depth damages lung or	Limit dives to depths you are comfortable at, and avoid twisting body, extending chin	Raise alert by waving gun covered with orange plastic safety sheet / blow whistle Alert safety boat, stop diving	Medic on safety boat to evaluate	Consult doctor and specialist as ordered



## Australian National Spearfishing Championships Guidelines & Standard Forms

Risk	Cause	Avoidance measures	Primary Response	Support Required	Secondary Response
	trachea. Diver will cough up blood				
Diver run over by boat including safety boat	Diver not visible Boat driver not aware or not paying attention  Diving in high traffic area  Sun strike	Boat must not manoeuvre around a pair of divers unless both are visible on the surface  5 knot rule  Communicate with surface diver before coming within 50 metres of any divers  Safety boat drivers to be vigilant	Apply pressure to wound, keep head out of water  Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat  Recover to boat	Medic on safety boat equipped with first aid kit	Transport to hospital if required
Boat strike (unknown boat)	Lack of visibility  Boat driver not obeying 5 knot rule  Sun strike  Boat driver unaware	All floats/plats must carry flags, min 15x20 cm  Safety boat with dive flag to patrol other boats and warn of diver presence Notify boating public by VHF/media communications  Divers to avoid diving in high boat traffic areas, or at least remain aware when crossing such areas  Raise gun/wave to alert oncoming boats	Try to get boat to stop and take you to safety boat.  Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat.  Apply pressure to wound, keep head out of water.	Medic on safety boat equipped with first aid kit	Transport to hospital if required
Diver puncture wound	Spear wound  Cuts from knives/fish  Falls/head knock  General Sickness/minor injury  Fish spines	Self-management  Never point a loaded gun at another person Unload gun before existing water  Care when cutting fish  Tip protectors on spearguns when out of water  Never hang extra spears or guns from float pointing downwards, or loaded	Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat.  Apply pressure to wound, keep head out of water.	Medic on safety boat equipped with first aid kit	Transport to hospital if required
Diver lost in current	Unable to swim against current in high current areas	Monitor strength of current with return swim in mind	Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat.  Swim across current to get out of it  Conserve energy, stay together, use float/plat for support.  Fire gun into reef or tie rig line onto reef and hang onto float / plat.  Safety boat to search	If not found in short time. Contact Coastguard for broader search	Transport to hospital if required



## Australian National Spearfishing Championships Guidelines & Standard Forms

Risk	Cause	Avoidance measures	Primary Response	Support Required	Secondary Response
Shark bite	Using fish for burley	Do not burley  Move away from others using burley when sharks arrive  Be wary when retrieving fish with known shark presence.  Safety diver to hold guard.  Get fish out of the water and into a float / plat as soon as possible.	Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat. Apply pressure to wound, keep head out of water.	Medic on safety boat equipped with first aid kit	Transport to hospital if required
General sickness/nonurgent injury (not in competition)	Any	-	Contact local doctor	Transport to doctor	Transport to hospital if required
Dehydration	Forgot to bring a drink with you	Attach water bottle to float	Summon safety boat with raised gun when you see it.	There will be water on the safety boat	If severe dehydration, remain on safety boat until Medic says OK to dive
Hunger	Forgot to bring food for the day	Bring food in your plat or have food on your boat and return during the day to eat it	Summon safety boat with raised gun when you see it. Beg for food.	Safety boat driver's lunch	Remember to bring food next time
Exhaustion	Caught in currents or rough water  Not enough food/drink	Assess currents and rough water as you enter them and do not swim too far	Rest on shore if safe to do so in sea conditions  Have food/drink  Summon safety boat with raised gun when you see it.  Conserve energy and hold on to float, stay with buddy	Rest on safety boat	Bring adequate food and water; perform within your limits.
Medical event due to existing health issues	Various	Self-assessment of risks Disclose pre-existing risks to organisers in registration form  Have own medication on hand or on safety boat if required	Get to safety boat for Medic support  Raise alert by waving gun covered with orange plastic safety sheet / blow whistle to attract safety boat.	Medic on safety boat to assess	Further medical assistance
Boat breakdown/sinking	Various	Maintenance  Care when anchoring	Request a tow back	Have VHF onboard Boats travel in groups to competition area Tail end Charlie	Re-allocate divers to other boats
<b>Committee to add any local risks or risks specific to the format of the competition</b>					



### ***Safety Notice to Competitors***

In the interest of a safe and incident free competition we all need to take responsibility. The organisers have taken reasonable measures to ensure this is possible.

Please ensure you fulfill your responsibility to take care of your own and fellow competitors' safety.

Here is relevant information on safety during the event and some tips to help each competitor remember his/her role in helping make this happen.

- First Aid is available at the main weigh-in area. A first aid kit will be there.
- Each safety boat has a first aid kit with the operator on board.
- Each safety boat is equipped with communication to the other safety boat, as well as shore base, and emergency services.
- Each safety boat has emergency water on board, however this is only for emergency use. Competitors are strongly encouraged to carry sufficient water on their personal float for hydration as assistance from a safety boat for any reason will result in disqualification from the days event.
- Divers are strongly encouraged to wait until they are out of the swell zone and well clear of other divers before loading their speargun.
- Ensure you have the safety equipment as set out in the "A Section Rules" as a minimum.
- Use a float capable of carrying your fish out of the water or enclosed.
- If a competitor's flag is laying in the water during the competition the safety boat crews will ask the competitor to right it. The flag must be upright and visible as much as possible allowing for weather conditions. Floats and diver below flags must be clearly visible to boat traffic at all times, to ensure the safety of the diver.
- If the flag continues to lie down in the water and not remain upright, safety boat crew are permitted to examine the float setup to check for problems and record the diver number, it will then be reported to the Championship Director. Divers must co-operate with safety boat instructions at all times.
- If you suffer a cut, ensure you stop the bleeding and seek assistance if necessary.
- One of the biggest risks to a competitor in the water is collision with a craft/boat.
- The more visible you are the less likely this is to happen. Put your head up often and look about for boat traffic. If surfacing and hearing a boat raise your gun above your head as you ascend.
- The safety boats will aim to redirect/inform approaching water craft of the large amount of divers present whenever possible.
- Ocean currents create a risk of being swept out to sea, it can happen, and has happened in high level competition so please be vigilant. Always be aware and stop, look, and monitor what the current is doing.
- IF you become aware of a strong rip or dangerous current, please notify the safety boat crew so they may warn other competitors.
- In case of exceptionally high risk (for example a large predatory shark or dangerous weather change) the safety boat crews have the authority to remove competitors from the water. In this case the competition will cease for the day and no results will be recorded.
- If you see a large predatory shark, it is suggested you remain composed with slow deliberate movements to keep your eyes and speargun directed towards the animal as long as possible whilst you move away from any fish you may have and towards shore, another diver or nearby boat to back you up. If necessary, jab the shark hard around the head/eye/gills area and continue to fend off and watch until you feel the animal is gone. Remain watchful and move quietly to safety and ensure the safety boat is advised. Depending on the animal's behaviour and movement within the area the safety boat has the authority to remove all persons to shore or safety and cancel the event.

- Leading up to the event the organisers will be in contact with other spearfishers, commercial divers and fishers, local fisheries to see of recent shark numbers, locations and observed behaviour. The organisers may cancel or move the event based on this information and previous history in the area.
- A competitor may only approach, touch or hold onto a safety boat under instruction from the crew.
- Seeking assistance from a safety boat at any time, for any reason, disqualifies that competitor, and their pair, from that days competition.
- Other ocean life that may cause discomfort to divers is jellyfish. Should any diver sustain stings that cause swelling to throat or mouth area that may impede breathing or if you have an allergy, seek assistance from the safety boats immediately.
- To draw attention from one of the safety boats you may:
  - o Raise your gun in the air if it is not an urgent situation
  - o In an urgent situation
    - Wave your gun in the air, covered with an orange plastic safety sheet
    - Blow your whistle and use your signaling mirror
- Rocks close to the shoreline can be covered in weed which is extremely slippery.
- Care must be taken when exiting the water onto rocks.
- Whenever a competitor is out of the water, tips of guns must be covered, or spearhead removed.
- Aim to eat healthily and avoid excessive alcohol consumption during the week of competition. Energy levels and hydration are key elements to personal performance and safety during such physically demanding competitions.
- Wherever possible try to remain in sight of another person or float so you may attract attention for assistance. Raise your head often and think about the movements and safety of yourself and other competitors.
- Lastly, please remember that all committee members and helpers are volunteers.
- Organisation and planning for this competition has taken the majority of the past year. Please treat all volunteers, helpers and organisers with respect. Constructive comments are welcome, however inappropriate or abusive language/attitude is not.
- Competitors should familiarize themselves with the Spearsafe website.



**[www.spearsafe.webs.com](http://www.spearsafe.webs.com)**

*We hope all competitors have an enjoyable and safe competition.*





**FORM 1 – SAFETY BOAT CHECKLIST**

Item	Check
Approved dive flag (minimum 750mm in length 600 mm in width)	
Binoculars	
VHF radio (wired in or with charger)	
A cellphone (with charger or spare cell phone)	
A suitably qualified Medic with minimum qualifications including current First Aid with CPR and Oxygen Administration	
A qualified scuba diver	
A functioning scuba set	
A full scuba tank	
Oxygen cylinder, breathing mask, and person competent in O2 delivery	
Sufficient oxygen to get to medical facilities where oxygen is available	
A first aid kit equipped to deal with likely injuries	
A marker buoy with line and weight to mark spot a diver was last seen	
Spare water, some spare food	
Strong torch/spotlight	
A copy of the safety plan and emergency contacts for the area	
Copies of reporting forms required for vessel safety or medical incidents, pen and paper	
Copy of diver checklist/roll for confirmation of divers finishing at end of the competition	



**FORM 2 – LIST OF DIVERS FOR ROLL CALL AND END OF DAY FINISH RECORD**

DATE:

	Competitors	Day 1			Day 2		
		Roll Call	Back on time	Late	Roll Call	Back on time	Late
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
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34							
35							
36							
...							



**FORM 3 - LIST OF BOATS**

DATE:

Boat Names	Skipper	Call Sign	Expected Bodies on Board [BOB]

#### FORM 4 – SPEARFISHING COMPETITION MEDICAL AND EMERGENCY CONTACT LIST



Is someone seriously injured or in need of urgent medical help?

Do you want Police, Fire or Ambulance?

### **Call Triple Zero (000)**

**Important** – if there is no mobile coverage on any network, you will not be able to reach the Emergency Call Service via a mobile telephone.

### **In a marine based emergency use VHF Channel 16**

FIRST CONTACT:	
<b>Police</b>	Phone: Address: Opening hours: In an emergency call 000 Call 131 444 to contact Police other than in an emergency.
<b>Australian Volunteer Coast Guard</b>	Phone: Address: Opening hours:
<b>Volunteer Marine Rescue</b>	Phone: Address: Opening hours:
<b>VHF Channel</b>	Use Channel 16 in the event of a marine based emergency
SECOND CONTACT:	
<b>VHF local channel:</b>	All boats to monitor Channel 16; For non-essential competition communications switch to:
<b>VHF nowcasting /forecast:</b>	Most coastal radio stations provide regular local weather forecasts on VHF radio, with instructions and broadcast times announced regularly on Channel 16.
<b>Medical:</b>	
<b>After hours care:</b>	
<b>Doctor:</b>	
<b>Fire Emergency:</b>	CALL 000
<b>Nearest Decompression chamber:</b>	
<b>Pharmacy:</b>	
<b>Harbour master:</b>	
<b>Venue Address / contact:</b>	
<b>Chopper pads:</b>	
<b>Competition Safety boats:</b>	



## FORM 5 - INCIDENT REPORT

All incidents, injuries, potential causes of injury, near misses or dangerous occurrences competitors, visitors and/or others must be recorded on this form.

**Privacy Notice:** The Australian Underwater Federation (AUF) collects the information on this form in order to comply with its responsibilities for recording and dealing with incidents and injuries.

The information may be used for the purpose of any investigation regarding the incident. The information will only be disclosed as permitted by law.

### INCIDENT REPORT PART A: (Competitor to complete)

#### Information about the person who had the incident:

Name: ..... competitor | visitor | other (please circle one)

Contact telephone: work:..... mobile:..... home:.....

#### What type of incident was it? (please circle one)

Near miss | Accident | Property Damage | Property Loss

#### When did the incident happen?

Date: .....

Time: .....

#### Where did the incident happen?

Location: .....

#### What happened?

**Description:** (include details of any object, machine or substance involved, or property lost or damaged – continue over if required)

.....

.....

.....

.....

.....

Was a known significant hazard involved? (please circle one) YES NO

If YES – what was the significant hazard?

.....

Names of any witnesses: (include witness contact information for serious harm incidents)

.....

#### What injury or injuries were sustained? (write N/A if not applicable)

##### Body Part Injured:

(please indicate which side of the body eg right or left)

Type of Injury: (eg break or sprain)

#### What treatment was given (tick all that apply)

<input type="checkbox"/>	First Aid	<input type="checkbox"/>	Physiotherapy
<input type="checkbox"/>	Massage therapy	<input type="checkbox"/>	Doctor (GP) Hospital
<input type="checkbox"/>	Emergency Services	<input type="checkbox"/>	Other

Describe treatment: (continue over if required)

Declaration: The above report provides a true, accurate and complete account of the accident / incident / near miss

.....  
Competitor's Name (please print)

.....  
Signature

.....  
Date



INCIDENT REPORT PART B: (Competition Director to complete with Competitor)				
<b>What (in your opinion) were the causal factors of this incident?</b> <i>(continue over if required)</i>		<b>Hazard Identification:</b> New Hazard Identified : <b>YES</b> <b>NO</b> Significant: <b>YES</b> <b>NO</b> If <b>YES</b> identify the hazard management process to be done eg: update hazard register and put in <b>recommended actions</b> below		
Recommended Actions		Personal responsible for this	By when	Date completed
Has the Hazard Management Process been undertaken?  <b>YES      NO</b> (please circle)	What has been done?			
Is a review of Safety Management System required?  <b>YES      NO</b> (please circle)	Which part?			
Other Recommended Actions		Personal responsible for this	By when	Date completed
Specific actions to prevent recurrence:				
Communications		Personal responsible for this	By when	Date completed
All relevant people have received information regarding the incident, changes of operation/ procedures. <b>YES      NO</b> (please circle)				
If serious harm has occurred have all relevant authorities been notified  <b>YES      NO</b> (please circle)		<b>Overall comments (once investigation complete):</b>		
<div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div>..... Competition Director's Name <i>(please print)</i></div> <div>..... Signature</div> <div>..... Date</div> </div>				



## FORM 6 – DISCLAIMER FORM

### DISCLAIMER FORM

#### Voluntary Assumption of Risk, Waiver, Release and Indemnity Agreement

THIS IS AN IMPORTANT DOCUMENT AND YOU SHOULD READ IT CAREFULLY BEFORE SIGNING. BY SIGNING THIS DISCLAIMER FORM, YOU ARE DEEMED TO HAVE ACCEPTED AND UNDERSTOOD AS BINDING ON YOU ITS TERMS AND CONDITIONS AND ANY ACCOMPANYING RISKS, OBLIGATIONS AND RESPONSIBILITIES. UPON AGREEING TO THE TERMS AND CONDITIONS CONTAINED IN THIS DISCLAIMER FORM, YOU ACKNOWLEDGE THAT YOU HAVE READ AND UNDERSTAND THESE TERMS AND CONDITIONS.

This Agreement is between a Competitor wishing to participate in the Australian National Spearfishing Championships and the Australian Underwater Federation (AUF) which includes its State branches, organising committee Competitors, other Competitors and executive.

In consideration of a Competitor being permitted to participate in Australian National Spearfishing Championships the Competitor acknowledges and agrees:

1. AUF is in the business of providing recreational services that relate to the sport of Spearfishing, including but not limited to spearfishing, fin-swimming and film fishing (the "Activities").

#### RISK WARNING – Voluntary Assumption of Risk

2. The Competitor voluntarily participates in Activities at their own risk and acknowledges that the Activities are potentially dangerous.
3. Prior to undertaking any Activity, the Competitor should ensure they are aware of all of the risks involved, including those risks associated with any health condition the Competitor may have.
4. By participating in Activities the Competitor is at risk of "Harm" which includes:
  - a. death;
  - b. physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);
  - c. the contraction, aggravation or acceleration of a disease;
  - d. the coming into existence, the aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs:
    - i. that is or may be harmful or disadvantageous to the Competitor or the community; or
    - ii. that may result in harm or disadvantage to the Competitor or the community
5. **Spearfishing - Inherent Dangers** | Possible causes of Harm whilst Spearfishing include, but are not limited to:
  - a. **Blackout:** a major killer of breath-hold spearfishers. It is the result of oxygen starvation at the end of a breath-hold dive.
  - b. **Boat / diver interactions:** There is a risk of Harm from boat traffic. Harm can occur from propeller strike. There is also the risk of spearfishers being caught in currents and lost at sea. Refer to Marine Safety Queensland (MSQ) [[www.msq.qld.gov.au](http://www.msq.qld.gov.au)], Roads and Maritime Services NSW (RMS) [[www.rms.nsw.gov.au](http://www.rms.nsw.gov.au)] or other applicable state government website for information regarding safe boating and legal requirements for the area. Always ensure weather conditions are suitable [[www.bom.gov.au](http://www.bom.gov.au)].
  - c. **Diver / diver interactions:** Underwater fishing equipment such as spearguns and pole spears have the potential to be extremely dangerous if not handled properly. When multiple divers are in the water in close vicinity together there is an increased risk that a speargun could discharge causing Harm. Likewise, spearguns must be handled correctly out of the water as well.
  - d. **Marine creatures:** The ocean has a diversity of marine life that may harm humans. Sharks, crocodiles and fish may bite; stingrays and jellyfish may sting (especially irukandji jellyfish and box jelly fish); some fish, sea snakes, blue ring octopus and cone shells are venomous. Sharks and other fish can be aggressive if speared such as bill fish and barracouta. If large species are being speared there is also a risk of entanglement.
  - e. **Rockhopping / shore diving:** Rockhopping /shore diving involves entering and exiting the water from the shore, often from rocky headlands, and then swimming in the sea, often around the head land. It presents some unique risks for the spearfisherman. Sea conditions, tides, rips, surf, boat traffic are just some risks associated with rock hopping.
  - f. **General health and fitness:** As people of all ages and athletic abilities pursue spearfishing consideration must be given to the fitness level required for spearfishing. Spearfishing requires a measure of strength and stamina.
  - g. **Competence and Culture:** Spearfishing is about hunting, learning fish behaviour, reading conditions, identifying 'signs' and good ground etc. While spearfishers need to utilize freediving it is a different sport to 'competitive' freediving. It can endanger spearfishers when the two sports are discussed



interchangeably without fully understanding the differences between spearfishing and competitive freediving.

- h. **Equipment:** Having the right equipment whilst spearfishing is not only important for comfort and functionality but also plays an important safety role. Critical spearfishing gear includes mask, snorkel, wetsuit, weight belt, fins, gloves and socks.

**SPEARSAFE** | for further information go to: [www.spearsafe.webs.com](http://www.spearsafe.webs.com)

#### **WAIVER – WARNING UNDER THE AUSTRALIAN CONSUMER LAW AND OTHER LEGISLATION**

- 6. Under the Australian Consumer Law, several statutory guarantees apply to the supply of certain goods and services (Consumer Guarantees).
- 7. These Consumer Guarantees mean that AUF is required to ensure that the recreational services (ie the 'Activities') it supplies to Competitors must:
  - a. be provided with acceptable care and skill or technical knowledge and taking all necessary steps to avoid loss and damage;
  - b. be fit for the purpose or give the results that the Competitor and the AUF had agreed to.
- 8. Under the Australian Consumer Law, and in some states other legislation, the AUF is entitled to ask the Competitor to agree that these Consumer Guarantees do not apply to the Competitor.
- 9. If the Competitor participates in Activities by submitting this form, the Competitor will be agreeing that their rights to sue AUF under the Australian Consumer Law, and other legislation, if they suffer Harm because the services provided were not in accordance with these Consumer Guarantees, are excluded, restricted or modified in the way set out in this form.
- 10. The change to a Competitor's rights, as set out in this form, does not apply if their death or injury is due to gross negligence on the AUF's part. Gross negligence, in relation to an act or omission, means doing the act or omitting to do an act with reckless disregard, with or without consciousness, for the consequences of the act or omission.

Under the Australian Consumer Law only consumers who are 18 years of age or older are able to sign recreational services' waivers: accordingly, this Disclaimer Form does not attempt in any way to exclude the consumer guarantees when it comes to minors, does not exclude or modify their consumer rights; and does not ask a parent or guardian to sign a waiver on their behalf excluding consumer guarantees.

#### **RELEASE AND INDEMNITY**

- 11. The Competitor, to the extent permitted by law:
  - a. By signing this Disclaimer Form, the Competitor agrees that the liability of the AUF in relation to the Activities for any Harm that may be suffered by a Competitor resulting from the supply of the recreational services is excluded.  
The Competitor acknowledges and agrees that the above provision operates to exclude the liability of AUF as a result of a breach of an express or implied warranty that the recreational services will be rendered in accordance with Consumer Guarantees pursuant to the Australian Consumer Law;
  - b. Releases and forever discharges the AUF from all action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising from or in connection with any Activities (Claims) that a Competitor may have or may have had but for this release arising from or in connection with a Competitor's participation in the Activities;
  - c. Release and indemnifies the AUF against any Claim which may be made by a Competitor, or on a Competitor's behalf, for, or in respect of, or arising out of, a Competitor's death whether caused by the negligence or breach of contract by AUF or in any other manner whatsoever; and
  - d. Indemnifies, and will keep indemnified and hold harmless, the AUF to the extent permitted by law in respect of any Claim made by a Competitor, or on a Competitor's behalf:
    - i. arising as a result of, or in connection with, a Competitor undertaking Activities; and
    - ii. against AUF in respect of any injury, loss or damage arising out of or in connection with a Competitor's failure to comply with TCGFD rules or directions, save that the above releases and indemnities shall not apply to the extent that the loss, damage or injury that is the subject of the Claim is caused, or contributed to, by grossly negligent acts or omissions by the AUF.

#### **WARRANTIES and ACKNOWLEDGMENTS**

- 12. The Competitor attests that prior to undertaking any Activities they:
  - a. are and must continue to be medically and physically fit, enjoying good health, and have sufficient expertise for participation in Activities;
  - b. are not a danger to themselves or to the health and safety of others;
  - c. are not prone to suffering blackout, seizure, convulsion, fainting or dizzy spells;
  - d. are not presently receiving treatment for any condition, illness, disorder or injury which would render it unsafe for them to take part in the Activities.





13. The Competitor acknowledges that they must, and the Competitor agrees they will, disclose any pre-existing medical or other condition that may affect the risk that either the Competitor or any other person will suffer Harm. The Competitor acknowledges that AUF relies on information provided by the Competitor and that all such information is accurate.
14. A Pre-Existing Medical Condition includes:
  - a. **Medication:** Any medication taken on a regular basis either over-the-counter or prescribed by a physician.
  - b. **Mental and Mood Conditions:** Current or history of mental illness or mood disorder including, but not limited to schizophrenia, paranoid disorder, bouts of hysteria.
  - c. **Neurological Conditions:** Including, but not limited to any history of seizure disorder, stroke, brain surgery, repeated blackouts or fainting fits, severe migraine headaches, or aneurysm of the brain's blood vessels.
  - d. **Cardiovascular Conditions:** Including, but not limited to heart attack, heart surgery, irregular heartbeat, pacemaker, uncontrolled elevated blood pressure.
  - e. **Pulmonary Conditions:** Including, but not limited to asthma, history of spontaneous collapsed lung, collapsed lung due to injury, cysts or air pockets of the lungs, severe damage to lung tissue, emphysema, any lung problem which interferes with your ability to breathe.
  - f. **Ear, nose and throat Conditions:** Including, but not limited to tumor, polyps, or cyst of the sinus cavities or nasal passages, major sinus surgery, persistent sinus infection, permanent holes of the eardrums, history of ruptured eardrum, permanent types in ear-drums, severely impaired hearing or hearing loss in one or both ears, major ear surgery.
  - g. **Eye Condition:** Including, but not limited to severe myopia, contact lens, retinal detachment, eye surgery.
  - h. **Diabetes Mellitus:** Type I Diabetes (Insulin dependent) or Type II Diabetes, which requires Insulin or oral medication for control. Any form of Diabetes that is unstable, "brittle" or produces episodes of hypoglycemia (low blood sugar reactions), hyperglycemia (extremely high blood sugar with ketosis) or there is related kidney disease, eye disease, heart disease or blood vessel disease.
  - i. **Freediving / Scuba Diving History:** Including, but not limited to previous history of a diving accident, severe blackout, decompression sickness, decompression of the inner ear of air, reverse block, lung squeeze, any lung squeeze producing pink foam, pulmonary bleeding.
  - j. **General Medical Problems:** Any physical and/or emotional condition not mentioned that might affect your safety in an underwater environment or affect your judgment under times of physical or emotional stress.
  - k. **Pregnancy:** If you are presently pregnant.
15. The Competitor will not, whilst participating in Activities, consume or otherwise take in substances or do things that will adversely affect the Competitor's physical or mental ability, capacity or judgement.
16. AUF reserves the right to refuse the Competitor, without limitation, participation in Activities and at any time may withdraw its consent for the Competitor to participation in Activities.
17. Before submitting this Disclaimer Form the Competitor has read and fully understands its meaning and that the Competitor, by submitting this Disclaimer Form, may be giving up important legal rights.
18. If the Competitor does not understand this form, or does not agree to be bound by the provisions of this Agreement, the Competitor should not participate in Activities.
19. If anything in this Disclaimer Form is unenforceable, illegal or void then it is severed and the rest of this Disclaimer Form remains in force. The terms of this Risk Waiver are governed by the laws of Australia.
20. If the Competitor requires clarification or assistance regarding the contents of this Disclaimer Form or how to safely undertake the Activities, please contact the AUF prior to undertaking any Activities.

#### Competitor's Medical Disclosure

Fully set out any medical condition(s) which may affect the Competitors physical or mental ability, capacity or judgement. In the event of a Competitor disclosing a medical condition(s) their participation is pending approval by the relevant committee of the AUF. The Competitor may be asked to provide further information regarding any medical condition including a completed Medical Statement.




**DECLARATION AND SIGNATURE**

I have read carefully and understand this Disclaimer Form and sign it freely and voluntarily without inducement of any kind.

Name: \_\_\_\_\_

Signature:.....

Date:\_\_\_\_\_

---

**FOR COMPETITORS UNDER AGE 18**

Name of competitor:\_\_\_\_\_

This is to certify that

I \_\_\_\_\_ [name of parent / guardian]

of \_\_\_\_\_ [address],

as a parent/guardian with legal responsibility for the Competitor, acknowledge, understand and accept all of the above and consent to his/her release as provided above. I release and agree to indemnify and hold harmless the Provider from any and all liabilities and Claims arising from my minor child's involvement or participation in the Activities and/or recreational services, even if arising from the negligence of AUF.

Signature:.....

Date:\_\_\_\_\_





## FORM 7 – MEDICAL STATEMENT

### IMPORTANT – PLEASE READ

Spearfishing can be a strenuous activity carried out in an underwater environment, which may, under certain conditions, increase your risk of injury. This risk may be significantly increased if you have certain physical conditions. The same physical conditions would not necessarily be a safety factor in order strenuous activities or sports. The AUF therefore uses the following questionnaire to make you aware of these conditions. Failure to address these conditions prior to engaging in Spearfishing may endanger your health, your safety and the safety of any person you may dive with in the future. The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in Spearfishing. A positive response to a question does not necessarily disqualify you from Spearfishing. A positive response means that there is a pre-existing condition that may affect your safety while participating in Spearfishing and you **MUST** seek the advice of a Medical Practitioner prior to engaging in Spearfishing activities. The Medical Practitioner needs to sign at the bottom of the form to say that they find no medical conditions incompatible with Spearfishing if any “**YES**” box is ticked.

Please answer the following questions on your past or present medical history by ticking the box marked **YES** or **NO**.

If you are not sure, answer **YES**

NAME OF MEMBER:

	Condition	Yes	No
1	<b>Medication:</b> Any medication taken on a regular basis either over-the-counter or prescribed by a Medical Practitioner.  If yes, please specify:		
2	<b>Mental and Mood Conditions:</b> Current or history of mental illness or mood disorder including, but not limited to schizophrenia, paranoid disorder, bouts of hysteria.  If yes, please specify:		
3	<b>Neurological Conditions:</b> Including, but not limited to any history of seizure disorder, stroke, brain surgery, repeated blackouts or fainting fits, severe migraine headaches, or aneurysm of the brain's blood vessels.  If yes, please specify:		
4	<b>Cardiovascular Conditions:</b> Including, but not limited to heart attack, heart surgery, irregular heartbeat, pacemaker, uncontrolled elevated blood pressure.  If yes, please specify:		
5	<b>Pulmonary Conditions:</b> Including, but not limited to asthma, history of spontaneous collapsed lung, collapsed lung due to injury, cysts or air pockets of the lungs, severe damage to lung tissue, emphysema, any lung problem which interferes with your ability to breathe.  If yes, please specify:		
6	<b>Ear, nose and throat Conditions:</b> Including, but not limited to tumor, polyps, or cyst of the sinus cavities or nasal passages, major sinus surgery, persistent sinus infection, permanent holes of the eardrums, history of ruptured eardrum, permanent tubes in ear-drums, severely impaired hearing or hearing loss in one or both ears, major ear surgery.  If yes, please specify:		
7	<b>Eye Condition:</b> Including, but not limited to severe myopia, contact lens, retinal detachment, eye surgery.  If yes, please specify:		
8	<b>Diabetes Mellitus:</b> Type I Diabetes (Insulin dependent) or Type II Diabetes, which requires Insulin or oral medication for control. Any form of Diabetes that is unstable, “brittle” or produces episodes of hypoglycemia (low blood sugar reactions), hyperglycemia (extremely high blood sugar with ketosis) or there is related kidney disease, eye disease, heart disease or blood vessel disease.  If yes, please specify:		



Australian National Spearfishing Championships  
**Guidelines & Standard Forms**

9	<b>Freediving / Scuba Diving History:</b> Including, but not limited to previous history of a diving accident, severe blackout, decompression sickness, decompression of the inner ear of air, reverse block, lung squeeze, any lung squeeze producing pink foam, pulmonary bleeding.  If yes, please specify:		
10	<b>General Medical Problems:</b> Any physical and/or emotional condition not mentioned that might affect your safety in an underwater environment or affect your judgment under times of physical or emotional stress.  If yes, please specify:		
11	<b>Pregnancy:</b> If you are presently pregnant.		

I certify that I have answered the above questions accurately and honestly.

I am responsible for omission regarding my failure to disclose any current or past health condition.

Name of Participant

Signed \_\_\_\_\_

Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

\* if the participant is aged less than 18 years, this must also be signed by a parent / guardian

Signature of participant's parent or guardian:

**Medical Practitioner to complete (if any "YES" box from page 1 was ticked)**

☐ I find no medical conditions that I consider incompatible with Spearfishing

☐ I am unable to recommend this individual for Spearfishing

Name of Participant:

Medical Practitioner's Name:

Medical Practitioner's Signature:

\_\_\_\_\_

Date:

Medical Practitioner's phone number:

Medical Practitioner's Stamp or Postal Address:

My signature on the above verifies that I have completely reviewed this Participant's Medical Statement and find no counter-indications for Spearfishing.