



***Lazy Seal Freediving Club
Dive Camp New Zealand 2009***

Lake Taupo, 3-11 January 2009

Information sheet:

General information:

The Lazy Seals have booked a bach in Tauranga-Taupo a small township on the eastern edge of Lake Taupo for 9 days in early January 2009. The bach is well kitted out with lots of beds, pool table, good outdoor area and social spaces.

The bach is owned by the owners/operators of "The Store" in Tauranga-Taupo, SH1. It is a small service station on the west side of the road about 20 minutes south of Taupo or 10 minutes north of Turangi. It is the large house directly to the right of The Store.

Cell phone coverage is limited at the bach.

The bach has a septic tank so please don't flush any feminine hygiene products.

Dive camp will be run in two 5 day sessions, people are most welcome to attend both:
Sat 3 Jan - Wed 7 Jan & Wed 7 Jan - Sun 11 Jan

Anyone of any ability is most welcome to attend. This is a great opportunity to dive with some of the world's best freedivers and extract as much knowledge as you can from them.

Lake Taupo has a drop off near shore to 30m and another to 60m within easy swimming distance from shore. We have access to a small boat for deeper diving further out. The depth limit for the week will be 90m, but there will be limited safety procedures available. All lake diving will be weather dependant. The surface temperature is normally around 18°C at that time of year. There are usually thermoclines around 15-25m and again around 50m.

Costs are:

\$400 for one session

\$720 for two sessions

Club members please ask about your discount.

The price includes for food, accomodation, pool entry, boat use, etc.

Please direct credit the club account with the full amount by *29 December 2008* referencing your name and "Dive Camp".

Account name: Lazy Seal Freediving Club

Account number: 38-9004-0459813-00

You need to bring:

*dive gear for depth and pool, including lanyards if you have them

*bed linen (there are duvets and pillows available but you must use your own sheets and pillow cases and preferrably your own sleeping bag)

*yoga mat/thick towel

*we'd suggest a good book, sunnies, sun block, notebook, etc.

Schedule:

The structure will be fairly casual and you can really dive as much or as little as you want. Divers will be learning from each other, safetying each other and sharing cooking as a group. The basic set up will be as follows:

day one: arrive about 2 pm, introductions, briefings, afternoon dive in lake
day two: morning lake dive, afternoon discussion, yoga, etc
day three: 9:15 am at AC Baths, 2 hour pool booking followed by BBQ lunch
day four: morning lake dive, afternoon discussion, yoga, etc
day five: morning lake dive, depart around 2pm

We hope to set up some slightly more formal discussions and sharing of knowledge and skills in the three free afternoons.

Important note:

All divers require a current (not more than 12 months old) medical certificate of non-contradiction to freediving

What you need to do by 29 December:

pay fee

give Kathryn the following completed forms:

general form
liability release
medical declaration
medical clearance

Contact:

Kathryn McPhee

kathryn@lazyseal.co.nz

027 294 8620

73 Elizabeth St, Mt Victoria, Wellington



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Liability release and assumption of risk:

I, _____ (print name) hereby affirm that I have been thoroughly informed of the risk involved with any freediving / breath-hold activity.

_____ I understand that freediving / breath-holding underwater may involve inherent risks., including but not limited to hypoxia, marine life injuries, barotraumas, shallow water blackout, drowning or hyperbaric accidents. Treatment of a freediving / breath-hold diving accident victim with these or other injuries may require immediate medical attention and / or hyperbaric oxygen therapy.

_____ I specifically understand that the risk of shallow water blackout is inherent of freediving / breath-hold diving activities, and that I still intend to participate in freediving / breath-hold diving. I agree that I will not freedive / breath-hold alone; I will always freedive with a qualified surface support freediver with me at all times.

_____ I understand that neither the Lazy Seal Freediving Club Inc, nor AIDA New Zealand Inc, nor their members nor AC Baths, nor any of their respective officers, agents and employees (hereinafter referred to as "Released Parties") may be held liable or responsible in anyway for any injury, death or other damages to myself, my family, heirs or assigns that may occur as a result of my participation in this freediving / breath-hold competition or as a result of the negligence of any party, including the Released Parties, whether passive or active.

_____ I agree to hold harmless the Released Parties from any claim or lawsuit by myself, my family, estate, heirs or assigns, arising during or after I complete the freediving / breath-hold competition.

_____ I understand that any diving activities are physical strenuous and that I will be exerting myself during this freediving / breath-hold dive, and I expressly assume the risk of any and all injuries, and I will not hold the Released Parties responsible if I am injured as a result of heart attack, panic, hypoxia, hyperventilation, oxygen toxicity, decompression illness, gas embolism, drowning or any other causes of injury or death not specifically stated herein.

It is the intention of _____ (print name) by this written document to exempt and release all of the Released Parties as defined herein, from all liability whatsoever for personal injury, property damage or wrongful death however caused , including but not limited to the negligence of the Released Parties, whether active or passive.

_____ I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY REALEASE AND ASSUMPTION OF RISK BY READING IT BEFORE SIGNING IT ON BEHALF OF MY HEIRS AND MYSELF.

Participant Signature

Date

Signature of Parent or Guardian (where applicable)

Date



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Medical Statement

Important Please read carefully before signing.

Freediving is a strenuous activity carried out in the underwater environment, which may, under certain conditions increase your risk of injury. This risk may be significantly increased if you have certain physiological conditions. This statement has been developed to make you aware of these conditions.

The purpose of a medical statement is to find out about any pre existing conditions which may limit you participating in any freediving/breath hold activity. Please read each question carefully and answer them accurately. Please explain any "yes" answer on the backside of this questionnaire. A positive answer will not necessarily exclude you from participating in the competition. You will also require a medical clearance from a physician. This form and your answers will be kept confidential.

Medical History

	Yes	No
NEUROLOGICAL CONDITIONS Any history of seizure disorder, stroke, brain surgery, black out, severe migraine headaches or aneurysm of the brain's blood vessels.	<input type="checkbox"/>	<input type="checkbox"/>
CARDIOVASCULAR CONDITIONS Any heart attack, heart surgery, irregular heart beat, uncontrolled elevated blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>
PULMONARY CONDITIONS Any history of spontaneous collapsed lung, collapsed lung due to injury, cysts or air pockets of the lungs, damage to lung tissue, emphysema or any lung problem which interferes with your ability to breath.	<input type="checkbox"/>	<input type="checkbox"/>
EAR CONDITIONS Permanent holes of the eardrums, history of ruptured eardrum, severely impaired hearing or hearing loss in one or both ears or ear surgery.	<input type="checkbox"/>	<input type="checkbox"/>
SINUS CONDITIONS Tumour, polyps, cysts of the sinus cavities or nasal passages, sinus surgery, or persistent sinus infections.	<input type="checkbox"/>	<input type="checkbox"/>
ASTHMA History of asthma or asthma attacks, history of wheezing caused by exercise, anxiety, cold, fatigue, etc. Any conditions requiring medications and/or use of an inhaler for control of wheezing.	<input type="checkbox"/>	<input type="checkbox"/>
DIABETES MELLITUS Especially Type I Diabetes (insulin dependant) or Type II Diabetes which requires insulin or oral medication for control. Any form of Diabetes that is unstable or produces episodes of hypoglycaemia (low blood sugar reactions) or if there is related kidney disease, eye disease, heart disease or blood vessel disease. Also a history of elevated blood sugar during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>
PREGNANCY Are you presently pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
FREEDIVING/SCUBA DIVING CONDITIONS Previous history of a diving accident, decompression sickness, decompression of the inner ear or air embolus	<input type="checkbox"/>	<input type="checkbox"/>
MEDICATION Do you take any medication on a regular basis either over the counter or prescribed by a physician?	<input type="checkbox"/>	<input type="checkbox"/>
GENERAL MEDICAL PROBLEMS Any physical and/or emotional condition not mentioned that might effect your safety in an underwater environment or affect your judgement under times of physical or emotional stress.	<input type="checkbox"/>	<input type="checkbox"/>

The information I have provided about my medical history is accurate to the best of my knowledge.

Participants Signature: _____

Date: _____