A-1 SCUBA & TRAVEL AQUATICS CENTER INC. SCUBA SKILL UPDATE LEARNING AGREEMENT

Welcome to your Scuba Skills Update and **Thank you** for choosing A-1 Scuba & Travel Aquatics Center. Diver training courses are meant to be fun and, like any form of learning, you'll benefit most by investing some time and effort in reading the SSU e-Kit digital manual before the course begins.

This learning agreement is between you, A-1 Scuba & Travel Aquatics Center Inc. and the instructional staff, regarding our mutual responsibilities in this program.

STUDENT AGREED RESPONSIBILITIES OF THE COURSE

- I agree to study independently before I arrive for the Scuba Skills Update
- Create a personal MySSI account and:
 - > Upload a digital photo of yourself
 - Add your complete mailing address
 - > Add you correct date of birth
- Prior to the course starting date, I agree to complete all of the required SSI Forms.
- VERY IMPORTANT: Should specific questions on the Diver Medical/Participant Questionnaire Form be answered with a YES response, I understand that in order to participate in the Scuba Skills Update I will need to have a Medical Professional approve, sign, date, and provide their medical credentials (MD, DO, PA, NP, etc) on page three of the Diver Medical Form.
- I understand that by not completing the required forms I will not be allowed to participate in the pool session and there is **no refund.**
- I agree to ask questions about anything not understood.
- I agree to be on time and prepared for the scheduled session.

INSTRUCTOR/A-1 STAFF RESPONSIBILITIES

The course instructor and staff agree to:

- Start the class as scheduled.
- Provide a positive learning environment.
- Answer your questions to the best of their ability.
- Assist you as needed.

GENERAL TERMS, CONDITIONS, CANCELATION, AND TRANSFER POLICY

- Payment in full was required to enroll.
- The course fee includes the SSI online e-Kit and pool dive. Once the digital kit is issued, there is no refund for the e-Kit.
- Should I transfer or cancel less than seven days but more than 48 hours before the starting date of the class, there will be a 50% transfer/cancellation fee.
- Should I cancel or transfer, FOR ANY REASON, less than 48 hours before the starting date of the course, all fees will be forfeited.
- Our policy on drugs and alcohol is simple ZERO TOLERANCE.
- A-1 will provide the use of a mask, snorkel, fins and all scuba equipment for the SSU experience.

bound by the above.
PRINT NAME
STUDENT SIGNATURE & DATE
A-1 SCUBA & TRAVEL AQUATICS CENTER'S AUTHORIZED SIGNATURE & DATE
COURSE #

By my signature below, I certify that I have read, understand, and agree to be

THANK YOU AND HAVE A GREAT TIME!

Copyright SSU A-1 Agreement Feb 7, 2024



First Name

Last Name

By placing my name here, I agree to be responsible for the content of this page.

Your SSI Training Center will record your training progress. Upon successful completion of your SSI program, you will be issued an SSI certification that is internationally recognized and available anywhere with internet access.

Your SSI Training Forms will be maintained at your registered SSI Training Center. If you change your SSI Training Center, then you will need to complete a new set of Training Forms.

St	udent Registration Information	
	First Name Last Name	Date of Birth (DD/MM/YY)
	Mailing Address	
	Email Address	Phone
En	nergency Contact	
	Name	Relationship
	Cell Phone	Email Address
Tr	aining Forms to be Completed	Download the free MySSI App, available for iOS or Android! SSI
	Student Registration	designed the MySSI App to be that
	Student profile in MySSI created: \square Yes \square No	"All-In-One Tool" for your diving experiences and to give you access
	Student Master ID (MID):	to your Digital Learning Materials, Digital Logbook and Digital
	Digital Kit(s) Issued: ☐ Yes ☐ No	Certification Cards, all in the palm
	Privacy Policy	of your hand. There are a variety of features like news, local events,
	Permanently valid. Needs to be completed once with each Training Center or if a formal request to have their personal information deleted from all SSI databases is submitted.	training dates, fun 360° videos and even dive tables and hand signals to review before your next dive.
	Diver Medical Statement & Questionnaire	my.divessi.com
	Valid for 1 year. The addition of the Physician's Approval Form is required if a "YES" is answered to any condition on the Diver Medical Questionnaire. If a student becomes Ill or Injured or has a significant medical condition change within 12 months that would conflict with their current Medical Statement & Questionnaire, they must complete a new form before continuing with any SSI training.	
	Assumption of Risk/Liability Release (not to	
	be used within the European Union)	MySSI App: iOS
	Valid for 1 year. The addition of the Youth Addendum Form is also required for all students under the age of 18 years old and it must be signed by a parent/guardian. (There are individual Assumption of Risk/Liability Releases for Scuba, Freediving, and XR Extended Range.)	
	Responsible Diver Code	
	Permanently valid. Needs to be completed once with each Training Center but then reaffirmed by the student for each course/training program	MySSI App: Android



Needs to be completed for each course/training program and signed by the student and instructor(s).

using the Course Completion Form. (There are individual Responsible

Diver Codes for Scuba, Freediving, and XR Extended Range.)





(Print)

Date (DD/MM/YY)













Diver Medical | Participant Questionnaire

Recreational scuba diving and freediving requires good physical and mental health. There are a few medical conditions which can be hazardous while diving, listed below. Those who have, or are predisposed to, any of these conditions, should be evaluated by a physician. This Diver Medical Participant Questionnaire provides a basis to determine if you should seek out that evaluation. If you have any concerns about your diving fitness not represented on this form, consult with your physician before diving. If you are feeling ill, avoid diving. If you think you may have a contagious disease, protect yourself and others by not participating in dive training and/ or dive activities. References to "diving" on this form encompass both recreational scuba diving and freediving. This form is principally designed as an initial medical screen for new divers, but is also appropriate for divers taking continuing education. For your safety, and that of others who may dive with you, answer all questions honestly.

Directions

Complete this questionnaire as a prerequisite to a recreational scuba diving or freediving course.

Note to women: If you are pregnant, or attempting to become pregnant, do not dive.

1	I have had problems with my lungs, breathing, heart and/or blood affecting my normal physical or mental performance.	☐ Yes Go to box A	□ No	
2	I am over 45 years of age.	☐ Yes	□ No	
		Go to box B		
3	I struggle to perform moderate exercise (for example, walk 1.6 kilometer/one mile in 14 minutes or swim 200 meters/yards without resting), OR I have been unable to participate in a normal physical activity due to fitness or health reasons within the past 12 months.	□ Yes *	□ No	
		□ Yes		
4	I have had problems with my eyes, ears, or nasal passages/sinuses.	Go to box C	□ No	
_		□ Yes*		
5	I have had surgery within the last 12 months, OR I have ongoing problems related to past surgery.		□ No	
_				
6	I have lost consciousness, had migraine headaches, seizures, stroke, significant head injury, or suffer from persistent neurologic injury or disease.	Go to box D	□ No	
_	I am currently undergoing treatment (or have required treatment within the last five years) for psychological problems, personality disorder, panic	□ Yes	- N	
7	attacks, or an addiction to drugs or alcohol; or, I have been diagnosed with a learning or developmental disability.	Go to box E	□ No	
8	I have had back problems, hernia, ulcers, or diabetes.	Go to box F	□ No	
		□ Yes		
9	I have had stomach or intestine problems, including recent diarrhea.	Go to box G	□ No	
10	I am taking prescription medications (with the exception of birth control or anti-malarial drugs other than mefloquine (Lariam).	□ Yes *	□ No	
1		1		

Participant Signature

If you answered NO to all 10 questions above, a medical evaluation is not required. Please read and agree to the participant statement below by signing and dating it.

Participant Statement: I have answered all questions honestly, and understand that I accept responsibility for any consequences resulting from any questions I may have answered inaccurately or for my failure to disclose any existing or past health conditions.

Participant Signature (or, if a minor, participant's parent/guardian signature required.)	Date (DD/MM/YY)
Participant Name (Print)	Date of Birth (DD/MM/YY)
Instructor Name (Print)	Facility Name (Print)

Version date: 2022-02-01

^{*} If you answered YES to questions 3, 5 or 10 above OR to any of the questions on page 2, please read and agree to the statement above by signing and dating it AND take all three pages of this form (Participant Questionnaire and the Physician's Evaluation Form) to your physician for a medical evaluation. Participation in a diving course requires your physician's approval.



(Print)

Date (DD/MM/YY)

Diver Medical | Participant Questionnaire Continued

BOX A – I HAVE/HAVE HAD:		
Chest surgery, heart surgery, heart valve surgery, an implantable medical device (eg, stent, pacemaker, neurostimulator), pneumothorax, and/or chronic lung disease.	□ Yes*	□ No
Asthma, wheezing, severe allergies, hay fever or congested airways within the last 12 months that limits my physical activity/exercise.	☐ Yes *	□ No
A problem or illness involving my heart such as: angina, chest pain on exertion, heart failure, immersion pulmonary edema, heart attack or stroke, OR am taking medication for any heart condition.	□ Yes *	□ No
Recurrent bronchitis and currently coughing within the past 12 months, OR have been diagnosed with emphysema.	☐ Yes *	□ No
Symptoms affecting my lungs, breathing, heart and/or blood in the last 30 days that impair my physical or mental performance.	☐ Yes *	□ No
BOX B – I AM OVER 45 YEARS OF AGE AND:		
I currently smoke or inhale nicotine by other means.	☐ Yes *	□ No
I have a high cholesterol level.	☐ Yes *	□ No
I have high blood pressure.	☐ Yes *	□ No
I have had a close blood relative die suddenly or of cardiac disease or stroke before the age of 50, OR have a family history of heart disease before age 50 (including abnormal heart rhythms, coronary artery disease or cardiomyopathy).	□ Yes *	□ No
DOV. C. LUAVE HAVE HAD		
BOX C – I HAVE/HAVE HAD:		
Sinus surgery within the last 6 months.	☐ Yes *	□ No
Ear disease or ear surgery, hearing loss, or problems with balance.	☐ Yes *	□ No
Recurrent sinusitis within the past 12 months.	☐ Yes *	□ No
Eye surgery within the past 3 months.	☐ Yes *	□ No
BOX D – I HAVE/HAVE HAD:		
	□ V *	E N
Head injury with loss of consciousness within the past 5 years.	☐ Yes *	□ No
Persistent neurologic injury or disease.	☐ Yes *	□ No
Recurring migraine headaches within the past 12 months, or take medications to prevent them.	☐ Yes *	□ No
Blackouts or fainting (full/partial loss of consciousness) within the last 5 years.	☐ Yes *	□ No
Epilepsy, seizures, or convulsions, OR take medications to prevent them.	☐ Yes *	□ No
BOX E – I HAVE/HAVE HAD:		
Behavioral health, mental or psychological problems requiring medical/psychiatric treatment.	☐ Yes *	□ No
Major depression, suicidal ideation, panic attacks, uncontrolled bipolar disorder requiring medication/psychiatric treatment.	☐ Yes *	□ No
Been diagnosed with a mental health condition or a learning/developmental disorder that requires ongoing care or special accommodation.	☐ Yes *	□ No
An addiction to drugs or alcohol requiring treatment within the last 5 years.	☐ Yes *	□ No
,		
BOX F – I HAVE/HAVE HAD:		
Recurrent back problems in the last 6 months that limit my everyday activity.	☐ Yes *	□ No
Back or spinal surgery within the last 12 months.	☐ Yes *	□ No
Diabetes, either drug or diet controlled, OR gestational diabetes within the last 12 months.	☐ Yes *	□ No
An uncorrected hernia that limits my physical abilities.	☐ Yes *	□ No
Active or untreated ulcers, problem wounds, or ulcer surgery within the last 6 months.	☐ Yes *	□ No
BOX G – I HAVE HAD:		
Ostomy surgery and do not have medical clearance to swim or engage in physical activity.	☐ Yes *	□ No
Dehydration requiring medical intervention within the last 7 days.	☐ Yes *	□ No
Active or untreated stomach or intestinal ulcers or ulcer surgery within the last 6 months.	☐ Yes *	□ No
Frequent heartburn, regurgitation, or gastroesophageal reflux disease (GERD).	☐ Yes *	□ No
Active or uncontrolled ulcerative colitis or Crohn's disease.	☐ Yes *	□ No
Bariatric surgery within the last 12 months	□ Vec *	П №

^{*}Physician's medical evaluation required (see page 1).

(Print)

Date (DD/MM/YY)

Diver Medical | Medical Examiner's Evaluation Form

The above-named person requests your opinion of his/her medical suitability to participate in recreational scuba diving or freediving training or activity. Please visit uhms.org for medical guidance on medical conditions as they relate to diving. Review the areas relevant to your patient as part of your evaluation.

Evaluation Result

of certified medical doctor or other legally certified medical provider	Date (DD/MM/YY)
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Physician/Clinic	c Stamp (optional)
Physician/Clinic	c Stamp (optional)
Physician/Clinic	c Stamp (optional)

The Undersea & Hyperbaric Medical Society

DAN (US)

DAN Europe

Hyperbaric Medicine Division, University of California, San Diego



First Name Last Name

By placing my name here, I agree to be responsible for the content of this page.

SSI Recreational Scuba Training Assumption of Risk, Liability Release & Hold Harmless Agreement

(Form not to be used within the European Union and various other countries depending on local laws/regulations - The Training Center and the Professionals are responsible to know and adhere to laws/local regulations) This is a legal contract terminating your rights to file a lawsuit. Read carefully before signing. Warning – Scuba diving uses life-support equipment and techniques that have inherent risks which may cause serious injury, illness or death.

•	
In consideration of being allowed to participate in scuba t	raining, I,
(print name of student) expressly agree to be bound	by this Agreement and comply with the SSI Responsible Scuba Diver Code
I understand this Agreement is between me, my fam	nily, estate, heirs and or anyone who may have a claim on my behalf; and
A-1 Scuba & Travel Aquatics Center Inc.	(print name of training center), including all instructors, facilities, boats, and
training sites I receive training with or at; Scuba Schools	s International ("SSI"); and each of their respective owners, officers, employees
representatives, volunteers, agents, contractors and any c	others on their behalves, whether specifically named or not (herein referred to a
"Released Parties").	

I voluntarily assume all risks of injury, illness and death, caused by scuba diving and all related activities, whether foreseeable or not, including but not limited to risks associated with: swimming, entering and exiting the water, falling on, struck by or abandoned by a boat, separation or lost underwater, holding my breath, pre-existing health conditions, heart failure, over-exertion, panic, drowning, pressure related injuries, decompression illness, environmental and marine life injuries, unknown causes, equipment malfunctions, improper dive planning, or improper action of other divers or support personnel (including failure to rescue, recover, resuscitate, or provide emergency assistance).

I agree to waive, release, not sue, discharge, save, indemnify, and hold harmless the Released Parties of all claims, demands, causes of action, lawsuits and damages by me, my estate, family (including minor children), heirs, or others who may have a claim for my injury, illness or death as a result of any act or failure to act, including negligence by the Released Parties, associated with my scuba training and all related activities. I agree that it is my responsibility to inform my family and all those who may have legal rights on my behalf that I have entered into this Agreement and it is my intent that they be bound by this Agreement. I agree that me or my estate shall be fully liable (pay for) for the cost to the Released Parties for any claim brought on my behalf as a consequence of my participation in scuba diving and all related activities.

I have carefully read, understand and agree to comply with the SSI Responsible Scuba Diver Code during all diving activities. I understand and agree that I am responsible for my own safety and well-being during all dive training and related activities. I am responsible for being physically, medically and mentally fit to participate in scuba diving. I affirm that all personal information I have provided on medical questionnaires is truthful and accurate to the best of my knowledge, and I will not hold others responsible or liable for any injury, illness or death caused by my failure to disclose a known medical condition. I am responsible for my own equipment configuration, assembly, and pre-dive inspection to verify it is appropriate and functioning properly. I am responsible for planning and performing all my dive activities, including anticipating potential emergencies. I will not hold anyone, including the Released Parties, responsible for failure to protect my well-being, ensure my proper use of equipment, or conduct my dive activities competently. I will not dive in conditions or at times that are not within my abilities and comfort level. If conditions become dangerous or I do not feel well or I become injured, I will immediate notify the dive leader and take action to correct the situation. I understand dive activities are conducted at sites that are remote, in time and distance, from medical care or a recompression chamber. I understand dive training does not guarantee my safety and that accidents happen even when proper procedures are followed. I understand the importance of, and my responsibility to have, personal insurance that specifically covers dive-related emergencies, emergency transportation, and medical treatments.

I understand and agree that SSI licenses training centers, professionals and their affiliates to use various SSI trademarks and to conduct SSI approved training, but they are not agents, employees or franchisees of SSI, its parent, subsidiary, or affiliated corporations. I further understand that SSI training centers, SSI professionals, and their affiliates' businesses are independent, and are neither owned, operated, or controlled by SSI, and that while SSI establishes standards and materials for SSI training, it is not responsible for, nor does it have the right to control, the operation of the business activities or the day-to-day training and/or supervision of divers by SSI training centers, SSI professionals, their affiliated businesses, and/or their associated staff. I further understand and agree on behalf of myself, that in the event of injury, illness or death during dive activities, I shall not hold SSI liable for the actions, inactions or negligence of the SSI training center, SSI professionals and other affiliated businesses or personnel associated with my dive activities.

I have read this Agreement and the SSI Responsible Scuba Diver Code. I expressly understand my responsibilities and that I am giving up legal rights by signing this Agreement. I understand this is a legal contract and I am voluntarily signing it without duress or further inducement. I understand this is an unconditional and complete release of all liability to the greatest extent allowed by law. If any portion of this Agreement is found to be legally unenforceable or invalid, that portion shall be severed, and the remainder shall have full force and effect. I agree to be bound by this Agreement without modification of the preprinted text. The terms of this Agreement shall continue in effect for all scuba diving training (including entry-level training and continuing education training) and related activities for a period of one year from the date I signed this agreement. I am over 18 years of age and legally competent to engage in this Agreement, or I have acquired the written consent of my parent or guardian by completing a Youth Addendum form.

Participant's Name (Print)	Participant's Signature	Date (DD/MM/YY)
Parent/Guardian (Print)	Parent/Guardian Signature	Date (DD/MM/YY)



First Name

By placing my name here, I agree to be responsible for the content of this page.

Last Name

SSI Responsible Diver Code

Scuba diving is an adventure activity that requires the use of specialized life support equipment in an underwater environment where humans could not otherwise exist. As with other adventure activities, scuba diving has elements of risk that cannot be totally eliminated regardless of the amount of training, care, caution or expertise. SSI believes these risks may be reduced through the SSI Diver Diamond - development of proper Knowledge, Skills, Equipment and Experience. Ultimately it is up to each individual diver to assume the inherent risk associated with scuba diving and each diver's responsibility to minimize the risk through exercising good judgment, common sense, respect and personal awareness during all diving activities. SSI has developed a Responsible Diver Code to remind divers of your responsibilities for each dive.

As a Responsible Diver - I pledge to:

- 1. DIVE COMPETENTLY Always dive within my training, certification, experience, comfort and ability.
- 2. MAINTAIN APPROPRIATE DIVER HEALTH Including appropriate fitness, physical health and mental awareness to dive.
- 3. UTILIZE A DIVE PLAN Plan my dive and dive my plan. Listen to and follow dive briefings.
- 4. BE A RESPONSIBLE DIVE PARTNER Remain with my dive partner from start to finish of my dive. Know our plan to reunite if separated underwater.
- 5. INSPECT MY DIVE EQUIPMENT Before each dive, I will inspect my equipment and make sure everything is working properly. I will confirm my cylinder valve is completely open. When using blended gas (i.e., Enriched Air Nitrox) I shall analyze my gas and know its limitations. I will establish proper weighting, know how to release my weights, and verify my buoyancy compensator (BC) and inflator are connected and functioning properly. I will secure my submersible pressure/depth gauge and/or dive computer where it is easily accessible, and know how to use each.
- 6. DIVER AWARENESS Monitor my cylinder pressure; making sure to surface with reserve gas and never run out of gas. Monitor my depth and time, respect no decompression limits, perform controlled ascents, safety stops, and monitor my dive partner.
- 7. MAINTAIN PROFICIENT SCUBA SKILLS I understand scuba skills and knowledge are perishable. If it has been more than six months since my last dive, I understand the importance of taking a Scuba Skills Update course. I will maintain proper buoyancy throughout my dive, ascend slowly, and breathe properly to avoid overexpansion injuries.
- 8. RESPECT THE ENVIRONMENT Be aware of currents, waves, visibility, temperature, weather, boat traffic, slippery, uneven and unstable surfaces, overhead environments, entanglements, and hazardous marine life. I understand boats are unsteady surfaces and will always use one hand to stabilize myself. I understand the importance of taking an orientation dive with a local professional when diving in unfamiliar environments. I will obey all diving and applicable regulations, statutes and codes.
- 9. PLAN FOR EMERGENCIES In addition to inspecting all of my dive equipment, I will verify my dive partner's equipment is functioning properly, configured appropriately and that I know how to remove our weights in case of an emergency. I will make sure our alternate air sources are properly secured and easily accessible in case of a low air or out of air emergency. I will know scuba hand signals and how to alert others in case of an emergency. I will have an emergency action plan in case my dive partner or I have an emergency.
- 10. ACCEPT RESPONSIBILITY I am ultimately responsible for my safety during all diving activities. Failure to comply with these responsibilities will increase my risk of serious injury or death. Accidents can happen even when all safety guidelines are followed, therefore I should obtain personal dive accident insurance.

I understand the importance of being a responsible diver and I pledge to abide by the SSI Responsible Diver Code. I understand failure to abide by the SSI Responsible Diver Code will jeopardize my safety and well-being.

Participant's Name (Print)	Participant's Signature	Date (DD/MM/YY)
Print Name of Parent/Guardian (When Applicable)	Signature of Parent/Guardian (When Applicable)	Date (DD/MM/YY)



First Name

Last Name

By placing my name here, I agree to be responsible for the content of this page.

Scuba Skills Update Completion Record

Academic Sess	ions Completed			Skill Evaluations
				• Dive Briefing
Student Initials	Date (DD/MM/YY)	Instructor Initials	MySSI Pro Number	• Dive Planning
				• Entries and Exits
Pool/Confined	Water Skills			 Buoyancy Check with a Total Diving System
				Controlled Descent
Student Initials	Date (DD/MM/YY)	Instructor Initials	MySSI Pro Number	Mask Clearing
				 Regulator Clearing (Purge and Exhale)
				• Regulator Retrieval (Arm Sweep and Alternate)
Open Water Di	ve (Optional)			• Stationary Air Sharing
				 Neutral Buoyancy (Diving Position)
Student Initials	Date (DD/MM/YY)	Instructor Initials	MySSI Pro Number	• Controlled Ascent With A Buddy
				• Air Sharing Ascent
Open Water Di	ve (Optional)			• Emergency Ascent Skills
				• Equipment Care
Student Initials	Date (DD/MM/YY)	Instructor Initials	MySSI Pro Number	• Debriefing/ Dive Log
Student has suc SSI program. Sto	cessfully comple udent reaffirms th	ted all Academi at they will con	c Sessions and all nply with the SSI R	l Skill Evaluations. Student has met all requirements for certification in th Responsible Diver Code for all dives.
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	Student Signature		Date (DD/MM/YY)	Instructor Name (PRINTED) Date (DD/MM/YY)

Date (DD/MM/YY)

Signature of Parent/Guardian (When Applicable)

MySSI Pro Number

Instructor Signature