

Safety is the primary importance with Diving, and Medical conditions must be taken serious, as false information can lead to serious injury. We are happy to help with any questions or concerns. The following information is provided as a guide only.

Please read carefully, dive medical rules for Australia changed during 2013. Note specifically the new Body Mass Index (BMI) requirement. For further information and form downloads: www.tech-dive-academy.com/medicals

Scuba Diver / Open Water Courses (Learn to Dive)

- Completion of a Medical declaration form is the only medical entry requirement (this is in line with most overseas countries) for those 45 years and under, a dive medical with a dive doctor specialist is no longer mandatory, exception for those situations listed below, please read carefully:
- For those **over 45 years** a medical with a dive doctor is required.
- For those with a **Body Mass Index (BMI) over 30**, or a waist size of over 102 centimeters for a male or over 88 centimeters for a female, a medical with a dive doctor is required.
- Where a **pre-existing medical condition** exists or a medical condition or issue is identified a full Australian Standards Dive Medical that is compliant with AS4005.1 prior to commencement of the course is required. This differs from most countries overseas, where a different medical is used. Unless the form states 4005.1 it cannot be accepted.
- A copy of this form is available from Tech Dive Academy in PDF or printed formats. Medicals must not be completed any more than 90 days prior to the start of the course and must be in English. The cost of the medical is not included in the course cost. For anyone age 14 and under, we highly recommend having the medical done by your local Doctor prior to arrival.

All Other Recreational Dive Courses A medical declaration form must be completed by the Customer. Staff will discuss your health and fitness for the activity with you. Changes in health since your dive certification, age or BMI may result in a Dive Medical being required. Existing medicals can be used for a period of 12 months from issue.

TDI & DSAT, Tec Rec Technical Courses Due to the nature of a number of our technical programmes, **a current dive medical (less than 12 months old) is a pre-entry requirement** for most of these programmes, an AS2299 may be required in some cases. Please contact us for details of your specific programme.

Discover Scuba Diving – Introductory Dives A medical declaration form must be completed by the Customer. Staff will discuss your health and fitness for the activity with you. The same conditions for Open Water Courses (above) apply.

Certified Diving No medical forms are required, but you are required to state you are fit and healthy and there is no reason preventing you from diving, should your medical situation have changed since your dive certification or age or BMI issues apply, you may be required to complete a Diving Medical. Staff will discuss your health and fitness for the activity with you.

Typical Conditions Some medical conditions may prevent you from diving, and require a full medical in any circumstance. These include, but are not limited to the following:

Asthma (in the last 10 years)	Respiratory conditions	Heart conditions
Diabetes	Epilepsy	Pnuemothorax (collapsed lung)
Ear surgery or a burst ear drum	Some Surgeries	BMI Requirements (See over page)

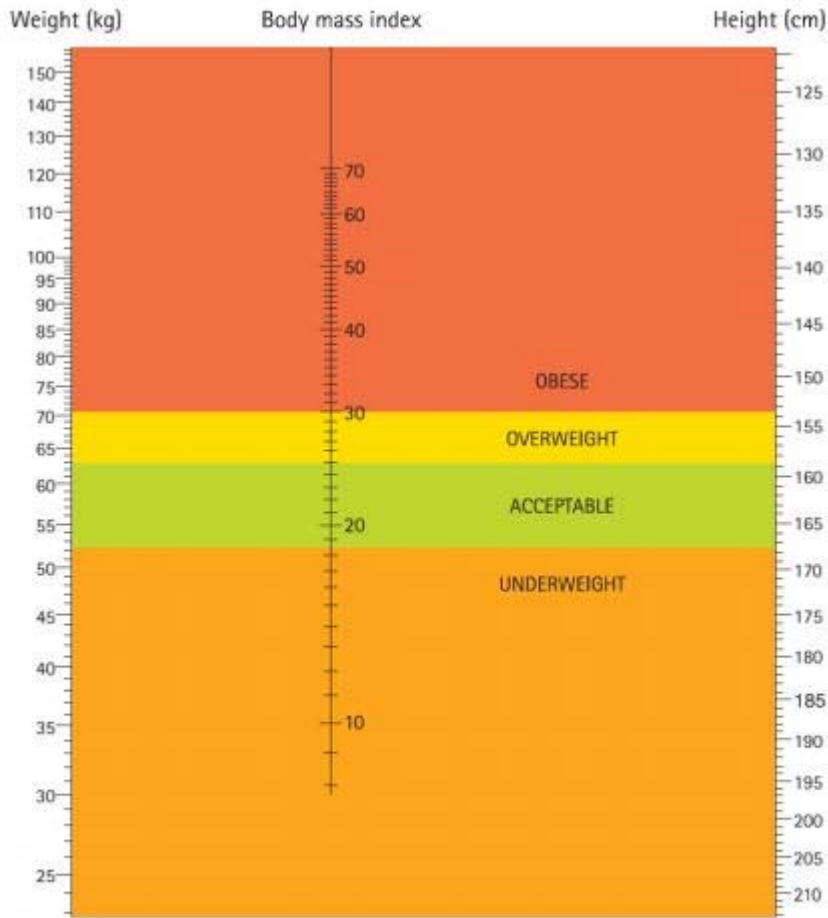
Where can I get a Medical Done in Far North Queensland?

Port Village Medical Centre	Mon-Fri	07 4099 5043
Cairns 24 Hour Medical Centre	7 Days (Daytime Hours Only)	07 4044 0444

Want to know more - visit www.spums.org.au

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BMI INDEX



Place a ruler between your weight in kilograms at left and the body height in centimetres (without shoes) at right.

Please note if you think you fall into the RED Category (over 30) please contact us, as you may require a dive medical with a doctor before you are permitted to undertake certain new diving activities in Queensland.

70kg = 155lb (1kg = 2.3lb approx)

156cm = 65" (10cm = 4" approx)

Want to know more - visit www.spums.org.au