

OCEAN TIGERS FREEDIVING

LIABILITY RELEASE, ASSUMPTION OF RISK AND EMERGENCY CARE CONSENT

Freediving coaching and training - Pool and open water

PARTICIPANT INFORMATION

Full name: _____

Date of birth: _____

Phone: _____

Email: _____

Emergency contact: _____

Emergency phone: _____

1. NATURE OF THE ACTIVITIES

I acknowledge that I am voluntarily participating in freediving coaching, training and/or practice activities organized or supervised by Ocean Tigers Freediving, which may include:

- static apnea (STA);
- dynamic apnea with or without fins (DYN, DYNBF, DNF);
- breathing and relaxation exercises;
- technical exercises;
- freediving-specific physical training;
- deep freediving;
- constant weight freediving with or without fins;
- free immersion;
- equalization exercises;
- safety and rescue exercises;
- pool training;
- training at sea or in another open-water environment;
- use of lines, buoys, lanyards, weights, fins, monofins and other freediving equipment.

2. ACKNOWLEDGEMENT OF RISKS

I understand that freediving is an activity involving inherent risks that may result in serious injury or, in extreme circumstances, death.

These risks include, without limitation:

- loss of consciousness (blackout);
- loss of motor control (LMC / samba);
- hypoxia;
- barotrauma;
- equalization problems;
- injuries to the ears, sinuses or lungs;
- depth- or pressure-related accidents;
- drowning;
- equipment-related injuries;
- collisions or impacts;
- cramps, fatigue or illness;
- adverse weather or sea conditions;
- waves, swell, currents and changes in visibility;
- contact with marine animals;
- risks related to boats and other sea users;
- risks related to access to and evacuation from an open-water site.

I acknowledge that this list is not exhaustive.

3. HEALTH AND PARTICIPANT RESPONSIBILITY

I declare that I am physically and mentally fit to practice freediving.

I agree to inform the coach before any session of any health problem, injury, medical treatment, medication or change in my health that could affect my ability to practice freediving safely.

If there is any doubt about my medical fitness, I understand that I may be required to obtain a physician's opinion or authorization before participating.

I agree not to participate in a session under the influence of alcohol, drugs or any substance likely to impair my physical or mental abilities.

4. COMPLIANCE WITH SAFETY INSTRUCTIONS

I agree to follow the instructions given by the coach and/or safety team.

I understand in particular that:

- I must never practice freediving alone;
- performances and distances are never mandatory;
- I may stop an exercise or session at any time;
- I must immediately report any discomfort, pain, equalization difficulty, unusual fatigue or physical problem;
- the coach may modify, limit or stop my participation if the safety conditions are not met.

I also understand that the final decision whether or not to make an attempt remains my responsibility and that I must not exceed my abilities in order to achieve a performance.

5. OPEN-WATER CONDITIONS

I acknowledge that activities at sea or in open water involve factors that cannot be fully controlled by Ocean Tigers Freediving or the coach, including weather, wind, swell, currents, visibility, water temperature, marine life and maritime traffic.

I agree that the coach may modify, postpone or cancel a session for safety reasons.

6. CONSENT TO FIRST AID AND EMERGENCY CARE

In the event of an accident or emergency, I authorize Ocean Tigers Freediving, its coaches and safety team to carry out any rescue procedures considered necessary, including:

- first aid;
- oxygen administration;
- cardiopulmonary resuscitation (CPR);
- calling emergency medical services;
- evacuation to a medical facility.

I understand that medical, ambulance, evacuation, hospitalization or other costs resulting from medical intervention remain my responsibility or that of my insurer, unless otherwise required by law.

7. VOLUNTARY ASSUMPTION OF RISK AND RELEASE

I acknowledge that I am voluntarily participating in the activities offered.

To the extent permitted by applicable law, I accept the inherent risks of freediving and release Ocean Tigers Freediving, as well as its owners, coaches, instructors, safety divers, assistants, employees and collaborators, from liability for damage resulting from risks inherent in and normally associated with this activity.

This release does not apply where an exclusion or limitation of liability is prohibited by applicable law, including in cases of gross fault, gross negligence or intentional conduct where liability cannot legally be excluded.

8. INSURANCE

I understand that it is my responsibility to verify that I have, where necessary, personal, medical, accident and/or sports insurance covering freediving, including in pools and open water.

9. PARTICIPANT DECLARATION

By signing this document, I confirm that I:

- have read this release in full;
- have had the opportunity to ask questions before signing;
- understand the risks associated with freediving;
- voluntarily accept these risks;
- have provided accurate information about my health;
- agree to follow the safety instructions;
- understand that my signature constitutes my consent to the provisions of this document.

SIGNATURE

Participant's full name: _____

Signature: _____

Date: _____

FOR A MINOR PARTICIPANT

I, the undersigned parent or legal guardian of the minor participant, confirm that I have read and understood this document and authorize the minor to participate in the activities described above.

Parent / legal guardian name: _____

Relationship to participant: _____

Signature: _____

Date: _____

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Cabo San Lucas, Baja California Sur, Mexico