



# GOLD COAST PERFORMANCE CENTRE FREEDIVING TRAINING GUIDELINES

## PURPOSE

The purpose of this policy is to ensure that any Freediving that takes place in the GCPC pools is run by trained and qualified professionals and that all safety precautions are in place to avoid any injuries or drownings in the water.

## PROCEDURE

All groups that book Freediving sessions are required to read, understand and sign off on the GCPC's terms and conditions before they can train in the pool.

Group Sales/Accommodation will allocate a lane for the booking, which will be shown on our pool allocation TV and written on the whiteboards by the Lifeguard on duty.

As per the "Freediving Pool Standards Code" the following standards apply to all swimmers (freedivers) performing repeated breath holding activities underwater for a minimum of 25 metres:

1. No freedivers are permitted to train alone.
2. Children younger than 16 are not permitted to engage in freediving activities.
3. All freedivers must be accompanied by an in-water buddy or conducted in a lane closest to the side of the pool to enable the buddy to walk along beside the freediver.
4. All freedivers must have certification by an international freediving agency or be in training for certification by an international freediving agency (water safety qualification). The latter are referred to as trainee freedivers. As a trainee freediver, they must be supervised at all times by a certified instructor of a recognised international freediving agency (water safety qualification).
5. The certified instructor must be a current member of an international freediving agency with current CPR and first aid qualifications recognised in Australia.
6. All freediving activities in the pool must have appropriate signage at each end of the pool to indicate to the public such activities are taking place and not to swim over freedivers.
7. All freedivers must carry a certification card or equivalent and be able to show the certification card if requested by a GCPC employee, lifeguard or other pool official as



evidence of appropriate freediving training and knowledge of internationally recognised safety procedures.

8. If using a weighting system, all freedivers must use plastic coated dive weights or soft weights so as not to damage pool surfaces.
9. In addition to the preceding guidelines, all freedivers using monofins must ensure the monofins are appropriate for freediving, and a suitable safety space is maintained around the freediver while training so as to minimise the risk of injury to other freedivers or the public. This will involve booking lanes or restricting use to off-peak times.
10. All commercial freediving activities conducted in the pool must show the following evidence:  
(1) current Instructor membership with an international freediving agency; (ii) current certificate of insurance; (iii) Risk Assessment; and (iv) Current CPR and first aid qualifications.