



LAKE RAWLINGS
A Scuba & Camping Park
One Quarry Lane, Rawlings, Virginia 23876 • (804) 478-9000
The Assumption of Risk and Waiver and Release Agreement for Recreational Diving

READ CAREFULLY BEFORE SIGNING

CERTIFIED DIVER NON-CERTIFIED (STUDENT) DIVER

I, (print name) _____, hereby affirm that I am cognizant of all of the inherent dangers of skin and scuba diving, and of the basic rules for underwater activities.

I plan to dive at LAKE RAWLINGS in Rawlings, VA, without an assigned diving leader, with a diving leader.
Name of Diving Leader _____ . The diving activities are planned to extend from (date) _____ to (date) _____ .

I understand and agree that the purpose of my diving activities are strictly recreational, and that it is not the function of the staff of LAKE RAWLINGS, or any of the diving leader(s) employed by LAKE RAWLINGS, to serve as the guardian(s) of my safety.

I agree to furnish my own equipment and be responsible for its good operating condition, regardless of where I obtain it. I further agree that prior to each dive I will check my own equipment and my buddy's equipment to ensure proper function, completeness and familiarity, and do not expect my equipment to be inspected by the staff of LAKE RAWLINGS.

I understand the diving leader(s) may provide advice or assistance to me, and I agree to hold harmless LAKE RAWLINGS or any of its agents, staff, or leader(s) for any of their actions in attempting to be of assistance to me. I do not expect LAKE RAWLINGS or its agents to supervise or control my diving activities in any way. BY SIGNING THIS DOCUMENT, I ASSUME ALL RESPONSIBILITY FOR MY ACTIONS, PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH, even if caused by the negligence of Lake Rawlings staff or agents.

I further understand that skin and scuba diving are physically strenuous activities, and that I can exert myself by participating in these activities. IF I AM INJURED IN ANY WAY FROM A HEART ATTACK, PANIC, HYPERVENTILATION OR DROWNING, I EXPRESSLY ASSUME ALL RISK OF THESE INJURIES, AND IN DOING SO, I EXEMPT AND RELEASE LAKE RAWLINGS, OR ANY OF ITS STAFF OR AGENTS, FROM ALL LIABILITY OR RESPONSIBILITY RESULTING FROM MY PARTICIPATION IN SKIN AND SCUBA DIVING.

I am aware that LAKE RAWLINGS is considered to be a remote diving location, and as a result, I further understand it can take EMERGENCY MEDICAL SERVICES 25-40 minutes to respond when called. However, it is my decision to skin and scuba dive at LAKE RAWLINGS knowing these facts and limitations.

I have read, understand and agree to abide by the RULES OF LAKE RAWLINGS and the STANDARD SCUBA DIVING PRACTICES (see reverse side of this form) during my recreational diving activities.

I understand and agree that I am participating in these recreational diving activities voluntarily, and I agree to be completely responsible for my own actions. I understand there are living creatures which inhabit the lake such as fish, turtles, and an endangered species of the Northern water snake (no fangs and non-poisonous). I have been warned of the danger of fish and animal feeding or harassment because these creatures can bite.

I hereby declare I am of legal age and am competent to sign this waiver and release agreement, or that my parent or guardian will sign this document on my behalf if I am a minor.

I HAVE READ THIS AGREEMENT, I UNDERSTAND IT, AND I AGREE TO BE BOUND BY IT.

Name of Diver _____ Telephone _____
Address _____ City _____ State _____ Zip _____
Signature of Diver _____ Date _____
Dive Buddy's Name _____ Dive Buddy's Signature _____

Signature of Parent or Guardian (when diver is a minor)_____

RULES OF LAKE RAWLINGS

1. Diving or jumping from the cliffs or rocks into the water is strictly prohibited.
2. The consumption or use of alcoholic beverages (to include beer and wine), or illegal drugs, is strictly prohibited.
3. Glass containers are prohibited from the lake premises.
4. The display or use of firearms and/or fireworks (to include firecrackers and sparklers) is strictly prohibited.
5. Poaching (fishing, hunting and/or spearfishing) is strictly prohibited at Lake Rawlings.
6. Dive knives are prohibited from the lake.
7. Please put all trash in the dumpster or other containers.

LAKE RAWLINGS STANDARD SCUBA DIVING PRACTICES

Scuba Diving is dangerous, so to minimize your risk, you as a diver should:

1. Be trained in scuba diving by a certified open water instructor and certified by a nationally recognized certifying organization.
2. Maintain good physical and mental condition for diving. Only dive when feeling well. **DO NOT USE ANY INTOXICATING OR DANGEROUS DRUGS BEFORE DIVING.** Get a regular medical examination for scuba diving.
3. Use reliable, complete and well maintained diving equipment which you check before each dive. Deny use of your equipment to a non-certified diver. When scuba diving in Lake Rawlings, use a functional buoyancy controlling device (BCD) plus a submersible pressure gauge.
4. Know the limitations of yourself, your buddy and your equipment. Use the best possible judgement and common sense in planning each dive. Allow a margin of safety in order to be prepared for emergencies. Set moderate limits for depth and time in the water.
5. Be familiar with this dive site. If not, obtain a formal diving orientation from the divemaster on duty.
6. Control your buoyancy to make diving as easy as possible. Be prepared to clear your mask mouthpiece, or take other emergency action if needed. In an emergency: **stop, think, and get control - then take action.**
7. **Never dive alone.** Always buddy dive - know each other's equipment. Know and review hand signals and stay in close contact with your buddy.
8. Use a float or kayak as a surface support station whenever appropriate. Fly the dive flag to warn other kayakers divers are in and under the water. Slowly surface close to the float and flag, watching and listening for possible hazards.
9. **Beware of breath holding.** Breathe continuously throughout a scuba dive. Exhale during any ascent. Know your limits and allow for a margin of safety. Be sure to equalize pressure early and often both during ascent and descent.
10. If you are cold, tired, injured, out of air or not feeling well, then get out of the water. Diving is more risky and no longer enjoyable at that point. If any abnormality persists, get medical attention.
11. Know decompression procedures, tables and emergency procedures. Make all scuba dives within no decompression limits for the depth you dive.
12. Continue your scuba training by taking advanced open water or specialty courses. Log your dives and try to make at least 12 dives each year. **BE A RESPONSIBLE DIVER.**

NOTE: Your signature on this agreement was required as proof that you were made aware of these STANDARD SCUBA DIVING PRACTICES. Diver's initials_____

I wish my name to be placed on the LAKE RAWLINGS mailing list. I understand my name and address will not be given to other sources.

Thank you, and please come again!