



HOLISTIC FREEDIVING WITH DYD

Our commitment to you and safety guidelines

OVERVIEW

The key objective of Discover Your Depths Holistic Freediving programme is to teach beginners and intermediate freedivers how to freedive in a healthy and safe way, relax in the water and to gain greater personal awareness as human beings within nature.

We do not focus specifically on depth. However, by following this programme and learning how to dive in harmony with your body, mind and spirit, your freediving performance will improve in accordance with your body's natural adaptation rate.

This document covers all information you will need relating to your booking and in order to participate in our programme. Please read and print and bring a signed copy with you.

OUR COMMITMENT TO YOU

The DYD Coaching Team are all highly trained professionals dedicated 100% throughout the training to your wellbeing and personal development in and out of the water.

The programme is created by DYD founder and lead coach, Sara Campbell, and is delivered by Kati Tarro, a certified freediving instructor, yoga teacher and qualified DYD Coach. It is not a standard freediving training course; our priority is to focus on emotional, mental and spiritual issues that can be addressed through a holistic personal development programme using yoga, meditation and freediving. We ensure you have a thorough grasp of basic technique for safety and to improve your sensations and overall experience in the water but we do not focus on depth-related performance.

There will be a maximum of three students per programme. Our first priority during your programme is YOU, your health, enjoyment and safety. Please listen to and follow our advice for the sake of your wellbeing and experience during the programme.

1: DIVING GUIDELINES AND SAFETY

DIVE ETIQUETTE

Intermediate freedivers may already be aware of basic dive etiquette. For beginners, these are some of the more important points for everyone to adhere to for safety and everyone's enjoyment. Please ensure you read and understand the following advice:

- at any one time only one diver (plus safety/coach) should be diving on the rope
- if you are breathing up on the surface, please use the time to breathe-up rather than chat so that everyone gets the most out of the dive sessions
- you are responsible for your own equipment at all times, including anything rented or borrowed from us, and for the return of any rental equipment at the end of your programme.

YOUR HEALTH

If you have any physical or mental health issues, which may affect your experience in this programme, you are obliged to inform us in advance. If you answer Y to any of the following conditions you must have a medical examination by a qualified medical professional before beginning your programme. Our hyperbaric doctor can carry out this medical for a nominal fee on arrival in Dahab.

| MEDICAL CONDITION | Y / N |
|---|-------|
| Neurological conditions – history of seizure, brain surgery, repeated fainting or black-out, severe migraine, aneurysm | |
| Cardiovascular conditions – heart attack, heart surgery, irregular heartbeat, uncontrolled high blood pressure | |
| Pulmonary conditions – spontaneous lung collapse, lung collapse due to injury, severe lung tissue damage, emphysema, significant lung squeeze, any lung squeeze producing pink foam or blood, any problems with restricted ability to breathe. | |
| Ear conditions – permanent holes in eardrums, history of ruptured eardrum, permanent tubes in eardrums, severely impaired or complete hearing loss, major ear surgery | |
| Sinus conditions – tumour, polyps or cysts of sinus, cavities or nasal passages, major sinus surgery, persistent sinus infection | |
| Asthma – history of asthma, wheezing during exercise, anxiety, cold, fatigue; use of medication or inhaler to control wheezing | |
| Diabetes mellitus – especially Type 1 diabetes (insulin dependent) or Type 2 diabetes, requiring insulin or medication for control. Any episode of diabetes-related hypoglycemia, hyperglycemia, or diabetes-related kidney, eye, heart or blood vessel disease | |
| Pregnancy | |
| Freediving/Scuba conditions – previous decompression sickness or other diving accident | |
| Medication – are you taking any over-the-counter or prescription medicine | |
| General medical problems – any physical and/or emotional condition not mentioned that might affect your safety in an underwater environment or affect your judgment under times of physical or emotional stress | |

IF YOU SUFFER FROM SINUS ISSUES, CHRONIC ALLERGIES or HAYFEVER, or DEVELOP A COLD IN THE TWO WEEKS BEFORE COMING please ensure you carry out a sinus care preparation protocol starting two weeks before your holiday:

- you should visit a good ENT doctor, dive or hyperbaric doctor, or GP with some knowledge of diving and freediving in particular. If you can't find anyone who you trust, then the following are good guidelines to get yourself ready:
- take an anti-congestant for two weeks before coming, ensuring you STOP TAKING THEM 2-3 days before arriving
- do regular rinsing with a good quality rinse (PhysioMer), and/or steaming with menthol oil, or, if you find this too aggressive or irritating to the nose, lavender oil. If you're familiar with neti-pot cleansing you can also do this
- take anti histamines for two weeks before coming (these can be continued up to and during your trip).

DEPTH AND SAFETY

ALL DIVERS:

- if you have problems with equalisation (pain in your ears), never try to force. You can easily receive a barotrauma (pressure-related injury), including rupture of the eardrum. Please notify your coach immediately if you are suffering from equalisation problems
- if you experience breathlessness, a slight or heavy cough after a dive, or feel you are unable to re-energise yourself after a dive you may have squeezed despite there being no presence of blood
- if you have a need to cough after a dive, please ensure you cough and spit whatever your body is ejecting into the palm of your hand so we can check the severity of any squeeze:
 - o in all cases of blood appearing in the saliva you may not dive again that day
 - o if you notice pin-prick-sized spots of blood within the saliva, or there is less blood than saliva, you need to rest for a minimum of one week, including stopping all deep breathing and lung stretch exercises
 - o if there is more blood than saliva, or you are coughing blood repeatedly over the course of the following ten minutes or longer, you have a severe squeeze and should not train any form of breathhold diving, or lung stretching for at least one month or more, based on experienced medical advice
- if you experience an LMC (loss of motor control) or a shallow-water black-out you will not be able to dive again that day. Your health will be assessed by your coach, and possibly a consultation with the hyperbaric doctor (at your expense – minimal) before the next possible dive session to see whether you are ready to re-enter the water
- if you wish to combine your freediving activities with scuba diving, you must NEVER freedive AFTER scuba diving during a 12 hour period

INTERMEDIATE DIVERS:

- if diving to 20m or deeper you must wear a lanyard. If you do not have one please notify us – we can provide equipment for purchase to anyone who needs
- if training FRCs proceed with caution – while they are not deep dives, they do simulate pressure at depth on the lung tissues and can cause injury. You must turn as soon as you feel any pressure on your chest OR your ears (not both). Follow the instructions of your coach at all times

If we notice that you are not diving safely in any way, we will do our best to guide you. If for any reason we feel that you are not able or willing to integrate our guidance and are therefore not diving safely, we may ask you to leave the water. Your coach has the authority to remove divers from the water if they deem them to be diving unsafely or without regard for the safety of themselves or others.

REFUNDS

Any missed days due to injuries or illness through not following our advice, or through irresponsible behaviour in or out of the water will be non-refundable and non-transferrable.

If you suffer an injury despite following our guidelines on safe and healthy dive-practice, then we can offer you the following options:

PRIVATE STUDENTS ONLY:

- we will do our best to move training days to allow for rest days for recovery where possible. Where this is not possible, you have the option to organise other activities such as yoga, meditation, dry preparation training and theory, or desert safari and trekking. There may be additional costs involved

STUDENTS IN A GROUP:

- we will credit the missed days to your account for 12 months, so that you can return and use the equivalent monetary value of these missed days against further courses or private coaching (note day rates for courses are different from private coaching).

If there is any conflict of opinion between the student and the coach relating to missed days, the final decision will be made by Sara Campbell.

EQUIPMENT

We provide all coaching equipment (yoga mats, buoy, rope and bottom weights) as part of your programme.

If bringing your own equipment, please ensure you have the right wetsuit suitable for the season - 3/5mm in winter, 1.5/3mm in summer.

Personal freediving kit can be rented for €11/day. Weights for your belt can be rented for €2/day, all from Dahab Freedivers (this must be done through us as your local instructor).

2: BOOKING TERMS & CONDITIONS

SPECIAL INTRODUCTORY PROMOTION AUGUST-NOVEMBER 2018

Our special introductory promotion phase runs from August-November 2018. During this time we are offering the full four-day Holistic Freediving programme for just £250 (reduced from £400) providing bookings are for the promotional period and full payment is made before 30 September 2018. Private Holistic Freediving programmes are available during this period for £300 (reduced from £600). All payments made for courses during the promotional period August-November 2018 are non-refundable.

Your booking is not confirmed until we have received your full payment, and we retain the right to cancel the course if you do not agree to the terms & conditions contained in this document.

HOLISTIC FREEDIVING PROGRAMMES 2019

In order to secure a place on our regular Holistic Freediving programmes we require a non-refundable payment of £200, unless the booking is made within one month of the start date of the programme. In this case the full amount of £400 is payable directly, 50% of which remains non-refundable. If the deposit is made more than one month ahead of the course dates, the balance of £200 is payable one month before commencement of the programme.

Private Holistic Freediving programmes are available, charged at £600. As for group programmes, we require a non-refundable payment of £200, unless the booking is made within one month of the start date of the programme. In this case the full amount of £600 is payable directly, £200 of which remains non-refundable. If the deposit is made more than one month ahead of the course dates, the balance of £400 is payable one month before commencement of the programme.

Your booking is not confirmed until we have received your deposit payment, and we retain the right to cancel the course if you do not agree to the terms & conditions contained in this document.

CHANGE OF PLANS AND CANCELLATIONS

The deposit is non-refundable, however we understand that life does not always run to plan, so, where possible, we are able to transfer your deposit to another date, providing:

- you inform us of your need to transfer your booking to alternative dates at least one calendar month before your due arrival date
- OR you can provide us with written proof of your inability to attend on those dates (medical certificate, employer's letter etc)

Where possible you must confirm your alternative dates at the time of requesting a change. You can transfer the dates once, however after that the deposit is non-transferable and non-refundable.

If you need to change your plans after the full amount has been paid, ie within one month of arrival, we deduct 20% of the fee paid for administrative costs. The remaining amount paid will be held on account for you to join us at a later date and any balances will be due one month before the new course start date. We regret we are not able to make a full refund.

For no-shows, where less than one week's notice of cancellation is given, the full fee is non-refundable and non-transferable.

FORCE MAJEUR

Force Majeure means that no person or company can be actually responsible for Acts of God. We cannot be held responsible for any circumstances beyond our control, i.e., earthquakes, ash clouds, tornados, hurricanes, flash flooding, terrorist attacks etc.

PAYMENT

Unless you request to make your payment otherwise, all payments are to be made via the secure payment gateway on the DYD website.

3: ACCOMMODATION

VILLA PRANA

Subject to availability we are able to offer our luxury self-catering villa, which sleeps up to four people. Bookings can be made on Airbnb ([Villa Prana](#)), where you can check availability for your dates. All bookings are subject to their terms & conditions. An additional €20 final cleaning fee is payable in cash on arrival, as well as any airport transfer fee (£75 return).

CORAL COAST HOTEL & MARINE GARDEN

We also offer the option of hotel or camp accommodation for students. They range from 2-3 star and all are beach-front with views over the reef.

[Coral Coast](#) is a 3 star hotel with lovely superior rooms. The hotel has a pool as well as private beach and is where our yoga classes take place

[Marine Garden](#) has a range of accommodation options, from basic with shared bath, to new en suite rooms. It has a vegan restaurant, and is also beach-front

Please inform us which accommodation you would like to book, and we will either reserve your room or put you in touch with reservations. You should make your full payment for your hotel directly to their reception on arrival.

We will arrange your airport transfer (£75 return) once we receive your flight details.

5: TRAVEL INFORMATION

FLIGHTS

It is your responsibility to ensure you arrive in good time for the start of your programme. We recommend you arrive a minimum of 24 hours before the start of your course to allow your sinuses to relax after the pressure change of your flight – this will reduce the chances of equalisation problems.

The closest airport is Sharm el Sheikh, one hour's drive away. We will organise your return transfer (£75) once we receive your flight details.

Flights can also be arranged to Taba and to Tel Aviv and Eilat in Israel but we are unable to give advice on connections, or organise transfers to Dahab other than from the airport or border in Taba.

VISAS

Please note that all individuals are responsible for their own visas for Egypt. Please check the visa requirements with the Egyptian Embassy in your own country. European citizens can obtain a two-week entry visa for free on arrival, but if you wish to organise a deep desert safari or a trip to the Ras Mohamed National Park, you must bring €25 with you to purchase an all-Egypt visa.

INSURANCE

Please ensure you have personal insurance to cover freediving activities.

AGREEMENT

I confirm that I have read and fully understood the agreement being made today between myself and the DYD Team.

I confirm that I agree to abide by these guidelines and any advice and instructions given to me by any of the Coach Team at any time during the programme.

I acknowledge that if I have answered Y to any of the health conditions, that I will either present a medical certificate clearing me as safe to freedive, or will obtain a certificate at my own expense on arrival.

Signed by:

Date :