

Policy for ApneaHub events

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Organiser: ApneaHub Training Club

Information: apneahub.com/esemenyek/

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General rules

The policy applies to all those who participate in the event organised by ApneaHub. Acceptance of the policy is a prerequisite for event registration, which can be fulfilled by sending a signed copy electronically. The following rules must be applied and respected during the event:

1. **Registration conditions:** the programs organised by ApneaHub will be announced on the official channels (website, instagram, facebook) at least 1 month before the start of the event. To register, you must fill in the registration form on the website. To participate in the event, the following documents must be sent electronically:
 - a. Signed declaration of liability
 - b. Signed health questionnaire
 - c. A sports/diving medical certificate not older than 1 year with a medical stamp
 - d. Signed declaration of acceptance of the policy
 - e. Valid diving insurance
 - f. Freediver card (if available)

After successful registration, the ApneaHub team will send a confirmation to the applicant within a few days. The registration can be validated by paying a 50% deposit within the deadline specified for the event (at the latest 1 week before the event). In the absence of this, participation in the event is not possible! The instructor in charge of the event can provide more information on payment options.

2. **The sessions:**
 - a. Course: participants may only dive in the presence and under the guidance of the instructor. The instructor will practice the course

requirements until they are fully met by the candidates. After that, "fun" dives can take place, under supervision. After all course requirements have been met and the full course fee has been paid, the instructor will issue a diver card to the candidate certifying completion of the appropriate level. If the instructor considers the candidate's activity to be dangerous or risky, he/she may refuse to issue the card, even if the requirements have been fulfilled. He may also require the applicant to suspend the dive.

- b. Workshop & coaching: depending on the topic, divers with at least beginner certification can apply. The dive plan is made by the instructor. Deviations are only possible with the agreement of the instructor.
 - c. Intro dives: participants may only dive in the presence and under the supervision of the instructor. The maximum depth is 12m and participants are not allowed to use ropes deeper than this!
 - d. Trainings and Instructor supervision: events are open to certified freedivers as well. If you wish to dive on your own plan, you must inform the instructor in advance. If someone requests instructor supervision, then the instructor assumes the role of safety diver during the dives. In other cases, during training, the participants dive according to the defined training plan. They respect others and do not interfere with the preparation and diving of others.
 - e. Dive buddy request: certified freedivers can join the events for training purposes. In this case, dives can be made with pre-arranged diving buddies.
3. **Safety**: dives are always made in pairs. In the case of coaching, intro dives and instructor supervision, safety is provided by the instructor. For course and workshop sessions, and when a buddy is requested, the instructor may designate who will be responsible for the insurance of the dive. The safety must have at least the same diving skills as the diver. The safety procedure shall be as described in the course material. Qualified divers pair up at their own risk! If necessary, the instructor can provide guidance. The person performing the safety must keep a constant watch on his/her diving partner and secure him/her underwater as agreed. In the event of any changes or problems, the instructor or other divers on the surface must be informed immediately!
4. **Sanctions**:
- Underwater or surface blackout, during unsupervised dive - payment of 300EUR for the life-threatening condition, presentation of a medical

certificate after the incident, Cancel the dive and the participation of the event

- Underwater or surface blackout, during controlled dive - Cancel the dives for that day
 - Loss of motor control after a dive (samba, near fainting) - suspension of the dive for that day
 - Other dive-related injuries - refusal to participate in ApneaHub programmes until the end of the required recovery period. medical certificate depending on the extent of the injury
 - Disregarding instructor guidance, requests - refusing to participate in ApneaHub programs
 - Engaging in activities that are dangerous to yourself and the public - refusal to participate in ApneaHub programmes
 - Violation of the house rules and other rules related to the current event - refusal to participate in ApneaHub programmes
5. **Physical fitness:** the instructor can give guidance during dives to avoid possible injuries, but it is the participant's own responsibility to prevent barotrauma. Accordingly, the candidate must perform the dives to the best of his/her ability. The instructor shall not be held responsible for any rupture of the eardrum, lung or other injuries that may occur.
 6. **Cancellation:** participation in the event can be cancelled at any time.
 7. **Refund:** in case of cancellation before the deadline, 50% of the paid amount will be refunded. Refunds are not possible after the deadline. Cancelled events due to the fault of the organisers will be refunded 100%.
 8. **Out-of-pool activities:** if the event includes an optional out-of-pool activity, it can be booked as described in the event description.

Pool events

1. **Equipment requirements:** Swimming goggle or mask, fins. Recommended equipment: nose clip, neck weight and/or weight belt, wetsuit.
2. **Ticket receiving** tickets for access to the pool area can be purchased individually at the pool cash desk.

3. **Access to the pool area:** shoes must be left in the changing rooms, lockers inside are free to use. Except towels and slippers, only items, that will be used in the water during the dive are allowed in the pool area. Bags and other personal belongings are not allowed in the pool. The equipment used at the event must be placed next to the pool in such a way that it does not hinder the free movement of others or damage the equipment.
4. **The pool:** The depth of the pool can vary between 1-5m, depending on the pool. Depending on the nature of the event, we hold the sessions in a 25m or 50m pool. The water temperature is 24-26°C.

STRICTLY FORBIDDEN!

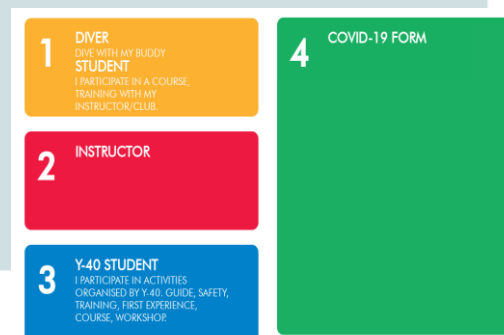
- BE UNDERWATER WITHOUT THE INSTRUCTOR'S PERMISSION
- DIVE ALONE WITHOUT SUPERVISION
- DO ANY ACTIVITY THAT ENDANGERS YOURSELF OR PHYSICAL CONDITION OF OTHERS OR DAMAGE IN THE POOL
- DIVING IN OTHER, NON-RENTED LANES
- LEAVING THE POOL WITHOUT INFORMING THE INSTRUCTOR

The pool can host others at the same time. In this case, care should be taken not to disturb the training of others during the session.

5. **End of the dive:** it is compulsory to leave the pool at the signal of the instructor.

Events in Y-40 pool

1. Things to do to enter Y-40:
 - [User account registration](#)
 - Fill in the yellow data sheet
 - Fill in the green data sheet
 - If possible, a Covid-19 immunity certificate (printed or electronic)



2. **Equipment requirements:** for dives deeper than 15m the use of a safety lanyard is mandatory! Mask, snorkel, dive computer can be rented at the reception for 5 EUR/equipment/person (ID card deposit required). Water temperature is 32-34°C so wetsuit is not required. According to individual needs, minimum weights

are allowed, in which case a neck weight or weight belt with lead weight are required.

3. **Travel and accommodation arrangements** are generally made on an individual basis, but after the application deadline there is the possibility to arrange a joint travel & accommodation booking.
4. **Ticket receiving** tickets for access to the pool area will be handed out by the instructor 30 minutes before each dive at the reception.
5. **Access to the pool area:** shoes must be left outside the changing rooms, lockers inside are free to use with your own padlocks. Except towels and slippers, only items, that will be used in the water during the dive are allowed in the pool area. Bags and other personal belongings are not allowed in the pool. Besides the pool, slippers and towels must be placed on the rack at the entrance. Fins can be requested at the lifeguard table by the pool. Only an identity document is required for rental.
6. **The pool:** there are ropes in different depths in the pool (5m, 8m, 10m, 12m, 15m, 42m). According to the theme of the event and the abilities of the participants, the instructor will decide when to dive on which rope.

STRICTLY FORBIDDEN!

- **BE IN THE POOL WITHOUT THE INSTRUCTOR'S PERMISSION**
- **ENTER CAVES AND CAVERNS IN THE POOL**
- **DIVE ALONE WITHOUT SUPERVISION**
- **DIVE BELOW 15M WITHOUT LANYARD**
- **DO ANY ACTIVITY THAT ENDANGERS YOURSELF OR PHYSICAL CONDITION OF OTHERS**
- **MORE THAN TWO PEOPLE (DIVER & SAFETY) DIVING ON THE SAME ROPE! EXCEPTION IF THE INSTRUCTOR IS SUPERVISING THE DIVE**
- **DIVING WITHOUT THE INSTRUCTOR'S PERMISSION**
- **LEAVING THE POOL WITHOUT INFORMING THE INSTRUCTOR**

The pool can host several courses and other divers can dive at the same time. In this case, care should be taken not to disturb the training and diving of others during the session. Ropes must be shared. The organisers of the event try to select times when the occupancy is minimal, but they cannot guarantee this.

7. **End of the dive:** it is compulsory to leave the pool at the signal of the lifeguards in the pool area. The rental fins must also be handed in at this time.

Events in DeepSpot pool

1. Things to do to enter DeepSpot:
 - User account registration at:
<https://cs.deepspot.com/Account/RegisterBasket>
2. **Equipment requirements:** for dives deeper than 15m the use of a safety lanyard is mandatory! Equipment can be borrowed for free at the pool. Water temperature is 32-34°C so wetsuit is not required. According to individual needs, minimum weights are allowed, in which case a neck weight or weight belt with lead weight are required.
3. **Travel and accommodation arrangements** are generally made on an individual basis, but after the application deadline there is the possibility to arrange a joint travel & accommodation booking.
4. **Ticket receiving** tickets for access to the pool area will be handed out by the instructor 30 minutes before each dive at the reception.
5. **Access to the pool area:** Except towels and slippers, only items, that will be used in the water during the dive are allowed in the pool area. Bags and other personal belongings are not allowed in the pool. Besides the pool, slippers and towels must be placed on the rack at the entrance. Fins can be requested at the lifeguard table by the pool. Only an identity document is required for rental.
6. **The pool:** there are ropes in different depths in the pool (5m, 10m, 15m, 20m, 45m). According to the theme of the event and the abilities of the participants, the instructor will decide when to dive on which rope.

STRICTLY FORBIDDEN!

- BE IN THE POOL WITHOUT THE INSTRUCTOR'S PERMISSION
- ENTER CAVES AND CAVERNS IN THE POOL
- DIVE ALONE WITHOUT SUPERVISION
- DIVE BELOW 15M WITHOUT LANYARD
- DO ANY ACTIVITY THAT ENDANGERS YOURSELF OR PHYSICAL CONDITION OF OTHERS

- MORE THAN TWO PEOPLE (DIVER & SAFETY) DIVING ON THE SAME ROPE! EXCEPTION IF THE INSTRUCTOR IS SUPERVISING THE DIVE
- DIVING WITHOUT THE INSTRUCTOR'S PERMISSION
- LEAVING THE POOL WITHOUT INFORMING THE INSTRUCTOR

The pool can host several courses and other divers can dive at the same time. In this case, care should be taken not to disturb the training and diving of others during the session. Ropes must be shared. The organisers of the event try to select times when the occupancy is minimal, but they cannot guarantee this.

7. **End of the dive:** it is compulsory to leave the pool at the signal of the lifeguards in the pool area. The rental fins must also be handed in at this time.

Open water events

1. **Equipment requirements:**

Mandatory basic equipment:

- Mask
- Snorkel
- Fins
- Weight belt with proper amount of weight / neck weight
- Wetsuit (correct size!) according to the following recommendations:
 - 28-30 °C – 1-1.5mm
 - 25-28 °C – 2-3mm (with hood)
 - 22-25 °C – 3-5mm (with hood, 2 pieces suit)
 - <22 °C – 3.5-5mm (with hood, open-cell, 2 pieces suit)
- Safety lanyard for dives deeper than 15m

Optional equipment:

- Nose clip
- Fluid goggle or Hectometer
- Diving computer (freediving)
- CNF lanyard
- Monofin

Equipment rental requires prior arrangement!

2. **Travel and accommodation arrangements** are generally made on an individual basis, but the instructors can suggest how to organise it.

3. **Daily meeting and briefing:** Before the dives or other sessions, the instructor will inform you about the exact location and time of the meeting. The instructor will briefly explain the details of the daily dives.
4. **Dry sessions:** If the event includes dry exercises, the instructor will inform you when and where they will take place and what equipment will be needed.
5. **Dives from the shore:** The dive will start at the previously announced time. If you arrive late, it is possible to join, but we will not be able to make up the time missed. Participants will prepare together on the beach and enter the water together in the required equipment at the instructor's signal. The dive site must not be more than 200m from the shore! The buoy and the rope will be carried to the dive site by the instructor. The maximum depth will be set according to the theme of the event and the participants' abilities during the session. Dives may be performed with the instructor's permission. The waiting zone is 3m around the bouy. During the rest divers must be within this distance. Dives must be along the rope only, any other dives without the instructor's knowledge will result immediate interruption of the session! Open water sessions will last 1-2 hours, depending on the topic. The maximum number of instructors per session is 4! There is the possibility to warm up and stretch together before the dive.

Boat dives: arrive at the port 30 minutes before departure time. Late arrivals cannot be waited for and cannot be picked up at the port or any other location. Depending on the nature of the dive and the parameters of the boat, neoprene clothing must be donned while still on shore. The instructor will give you more information about this at the beginning of the programme. If possible, only the necessary equipment should be brought on board. During loading and unloading, the instructors will help you to find the right place for your stuff. Weights will always be placed on the floor. At the request of the skipper, you will be required to stay on the side of the boat (in the case of a rubber dinghy) or in designated seating areas. Avoid moving on the boat during the trip. At the dive site, the boat driver and instructor will secure the boat. The instructor will then prepare the buoy and the rope system. The buoy is always attached to the boat. In the case of multiple buoys, the deepest buoy is the closest to the boat and the other buoys are chained together. Dives may be started on the instructor's signal. Hold the anchor ropes between the dives. In case of waves, move on the boat with caution so as not to endanger your own safety or others. Depending on the theme of the event and the abilities of the participants, the instructor will set the maximum depth during the session. Dives may be made with the instructor's permission. Divers waiting for a dive may move away from the buoy to a maximum distance of 3m. Dives must be made along the rope

only, any other dives without the instructor's knowledge will result in immediate disqualification from the dive! The length of the freediving sessions will vary from 1 to 2 hours, depending on the topic. The maximum number of participants per session is 4 per instructors! There is the possibility to warm up and stretch together before the dive. In case of bad weather conditions, the instructor may suspend or postpone the dive.

STRICTLY FORBIDDEN!

- BE IN THE WATER WITHOUT THE INSTRUCTOR'S PERMISSION
- DIVE ALONE WITHOUT SUPERVISION
- TRAVELLING WITH WEIGHTBELT OR NECKWEIGHT ON THE BOAT
- JUMPING IN THE WATER FROM A MOVING BOAT
- STAY IN THE WATER WHILE THE ENGINE IS RUNNING
- JUMPING IN THE WATER BEFORE THE BOAT IS MOORED
- BE MORE THAN 3M FROM THE BUOY
- DIVE BELOW 15M WITHOUT LANYARD
- DO ANY ACTIVITY THAT ENDANGERS YOURSELF OR PHYSICAL CONDITION OF OTHERS
- MORE THAN TWO PEOPLE (DIVER & SAFETY) DIVING ON THE SAME ROPE! EXCEPTION IF THE INSTRUCTOR IS SUPERVISING THE DIVE
- DIVING WITHOUT THE INSTRUCTOR'S PERMISSION
- LEAVING THE SESSION WITHOUT INFORMING THE INSTRUCTOR

The owner is responsible for personal belongings brought on board. The instructor cannot be held responsible for lost equipment or other items.

6. **End of the dive:** the instructor will notify the participants about the last dive. The instructor then pulls up the rope and assembles the buoy. Finally, the participants swim to shore together. The diver is responsible for the rented equipment, so it is his/her task to wash it with fresh water after the dive and to store it properly.

I declare that I have read, understood, and will abide by the ApneaHub Y-40 Event Policy!

Place:.....

Signature:.....